Positive Changes Transform the School of Health and Rehabilitation Sciences

By Joyce Mac Kinnon, EdD, PT

The 44 students in the Charter Class of the Master of Physician Assistant (PA) program began their studies in May 2013. They participated in our School’s first PA White Coat Ceremony on August 23rd and the program hosted an Open House at their facility on Senate Avenue on September 24th where IUPUI Chancellor Charles Bantz formally welcomed the students.

Brent Arnold, PhD, ATC, FNATA came to our School in July as Department Chair of Health Sciences. He was joined in August by Niki Munk, PhD as a new assistant professor in the Department. The Department was further strengthened with the hire of Delana Gifford as its full time assistant to the chair.

Stuart Warden, PT, PhD, FACSM has been appointed Associate Dean of Research for the school. He brings with him years of research and university experience, serving as the interim associate dean for research for three years before this appointment. Dr. Warden established the Center for Translational Musculoskeletal Research within the school in 2010, developing studies that investigate musculoskeletal therapies and interventions throughout the lifespan. He will work to streamline the school’s research agenda, while continuing to teach the musculoskeletal practice pattern courses within the department.

All of our capped programs - Nutrition & Dietetics, Occupational Therapy, Physician’s Assistant and Physical Therapy are fully subscribed. We now have a total of 330 BS in Health Sciences students, and we welcomed 6 new PhD in Health and Rehabilitation Sciences students this fall. Our School continues to grow and thrive, building upon the work of our dedicated faculty, staff and alumni.

The Department Welcomes New Faculty Member

Kristine K. Miller, PhD, PT

By Brenda Lawless

The Department of Physical Therapy is very proud to introduce our newest faculty member - Dr. Kristine Miller - who officially joined the program in July 2013. She has been with the department in various capacities for several years and is an IU alumna earning her bachelor of science in physical therapy, her masters degree in Therapeutic Outcomes Research, and her PhD in Health and Rehabilitation Sciences at IU.

Dr. Miller has been an adjunct faculty member with the program since 2006, teaching several different DPT courses. She will continue teaching the program's lifespan and motor control courses, and take on sections within the neurorehabilitation courses covering all three years of the DPT curriculum. Dr. Miller has worked tirelessly over the summer to set up her research programs and has already begun making significant contributions to the Department's growing research agenda.

As a clinician, Dr. Miller practiced for many years at the the St. Vincent Regional Anderson Campus (formerly St. John’s), then at Rehabilitation Hospital of Indiana (RHI) in the brain injury unit. At one point, she branched over to the Easter Seals Crossroads Rehabilitation Center to work in the area of neurological deficits. Working within these environments, she soon realized that even after years of neurological deficit, patients were able to demonstrate functional recovery when provided with a series of targeted therapies. This realization has shaped her ambitious research goals which are designed around the development of positive functional outcomes for patients with neurological injury.

Dr. Miller's extensive research interests include the development of effective therapies for neurological pathologies, evaluations of community-based post-rehabilitation wellness groups, and the development of standardized outcome measures used in physical therapy documentation. In particular, her studies have focused on the use of exercise therapies to improve motor function after a debilitating brain injury. She has partnered with researchers from the Roadbush VA Medical Center in Indianapolis to study the effectiveness of yoga therapy on veterans with stroke. Dr. Miller's upcoming investigation is a partnership with the Neurorehabilitation Clinical Research Laboratory designed to establish a comprehensive assessment package for use with adults in the sub-acute phase of stroke. The intent is to develop and test physical rehabilitation interventions that can translate directly to the clinic in patient care. Ultimately, this work will maximize long-term patient outcomes during post-stroke recovery.

Outside the classroom and research lab, one of Dr. Miller’s passions is taking care of her horse, Scout. Many times during the week, she will stop by the stable to work with him or take him for rides. Another passion is spending time with her husband and family. Most weekends, you will find them looking for various outdoor adventures that include camping and hiking. Dr. Miller and her husband are devoted IU basketball season ticket holders and thoroughly enjoy games at Assembly Hall. She maintains her commitment to the Anderson community by serving as a volunteer chaplain with the Madison County Jail for over a decade.

The Department welcomes her to the faculty and looks forward to her contributions to the academic and research agenda.
Message from the Chair - Milestone Year

Welcome to another edition of Forward Motion, chronicling our activities over the past year. May 2013 marked the ninth year of granting the DPT degree; 36 graduates were honored continuing the proud tradition of IU excellence. Their departure afforded 40 new students the opportunity in August to begin their three year evolution.

The past academic year was another amazing journey with so many student and faculty accomplishments. The program’s achievements were mirrored by the State Chapter’s success in achieving direct access for physical therapists. Students and faculty over the years have played important roles in helping to garner the necessary votes for this monumental bill. The achievement is something all Hoosiers should be proud of and illustrates the continued evolution of our profession towards autonomous, evidence-based practice.

Student activities and awards were plentiful. The IU PT Student Outreach Clinic continued its progression with the expansion to twice monthly clinic hours and increased student involvement through the integrated clinical experience courses. Student, faculty, and alumni support for this civic outreach initiative has been outstanding. Lydia George, DPT received the Mary McMillan award this past June, the third winner in four years for the program. This incredible accomplishment recognizes the level of student excellence at IU. Lora Dingle did was named the second recipient of the Zachary R. Gregory Emerging Leadership Award, representing the student who best embodies the characteristics of a young physical therapy professional. Ellen Stuerzenberger, SPT was named the 2013 IN APTA Student Scholarship winner, marking the fifth consecutive year that an IU student has won the award. Dr. Loghmani provided a generous donation to formulate a new endowed student fellowship recognizing excellence in community engagement. The inaugural winners of this award were Chelsea Bird, DPT and Lydia George, DPT.

This fall the Department welcomed Dr. Kristine Miller as its newest faculty member. Kristine is an IU alum who brings a wealth of clinical and research knowledge to the staff. Professor Valerie Strunk was awarded promotion and long term contract for her outstanding work in the areas of teaching and service. The entire faculty disseminated scholarly works at either physical therapy or other prestigious conferences throughout the year.

Our alumni spotlight this year features Dr. Becky Porter who has had such a profound impact on physical therapy and this program. I invite you to read more about her contributions. It was also my privilege to meet with the Class of 1963. Their continued passion and enthusiasm for the profession is a tribute to Ms. Francis Ekstam and the School. It was a pleasure to learn about their educational experience as well as provide them with information about the current program’s educational philosophy. 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 to stay informed about upcoming events by following us on Facebook and LinkedIn. 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

IU PT Class of 1963 Gathers for 50th Class Reunion

For a number of years, members of the IU Physical Therapy Class of 1963 have made annual ‘pilgrimages’ to the IUPUI campus to reconnect with one another and the program that launched their friendships and careers. This year they gathered for their 50th class reunion! Alumnus Steve Jones (shown left) worked closely with Christine Baldwin, School of Health and Rehabilitation Sciences Development Officer and Sharon Holland, Director of Alumni and Special Programs, IU Alumni Association to coordinate a full day of events that included a tour of the Advanced Neurorehabilitation & Robotics Research Lab located in the new IU Health Neuroscience Center. The alums and their guests were exposed to the emerging field of robotic therapy and the research activities related to these clinical therapies. The group then hopped on the IU Health People Mover to tour the north side of the campus, stopping at the Riley Hospital for Children. The gathering culminated with a class dinner in The Tower (formerly University Place Hotel) where the classmates shared photos, articles, mementos, and stories of their experiences as one of the first PT classes at IU. The event was a huge success and we look forward to welcoming them back for many years to come. Any alumni interested in organizing reunion events at IU can contact Sharon Holland at shollan@iupui.edu for more information.
IU DPT Students Make a Difference in Patient Direct Access Effort

By Brenda Lawless & Joshua Butcher, SPT Class of 2014

The battle to bring to Indiana patient direct access for physical therapy services has been waging for well over a decade. The inexhaustible efforts finally bore fruit in the form of legislation earlier this year that made it possible for Indiana patients to visit a physical therapist without a physician's referral. Indiana was the last state in the union to pass this type of regulation, allowing patient access to a physical therapist of their choice for up to 24 days. Following that period, a physician's referral is required to continue treatment, but patients have the option to continue with their preferred therapist.

Working closely with the Indiana Chapter of the American Physical Therapy Association (INAPTA) leadership, the Department of Physical Therapy has been an active contributor to the effort, participating in the PT Day at the Statehouse events in 2011 and 2013. On both occasions, hundreds of physical therapists from across the state met at the Indiana Statehouse to lobby their lawmakers about the importance of direct access. Our department also contributed testimony to the Indiana Public Health Committee; with department chair, Dr. Peter Altenburger and third year student, Mr. Joshua Butcher speaking about the significance of direct access not only for patients, but for practitioners as well. In his speech, Mr. Butcher addressed the influence of direct access on the physical therapy profession. His reflections below on the legislative efforts also highlight the importance to him of being part of the daunting process.

* * * * * * * * * * * * * * * * * * * * * * * * * * * * *

“I was honored to represent Indiana DPT students by providing testimony during the House and Senate hearings of the direct access bill last February. Growing up in Indiana, obtaining my degrees from IU, and anticipating starting my career and family in Indiana, it was an especially important issue to me. I conducted a survey sent out to all DPT students in Indiana, and presented my findings to the committee, speaking on the implications of direct access impacting where graduates decide to practice. The survey suggested that only 15% of Indiana DPT graduates over the next three years were definitely planning to practice in Indiana if the law did not change.

It was extremely gratifying to be part of this process and interesting to see how this legislative procedure develops. Through this experience I became much more informed on this topic, and felt I contributed by relaying the student perspective of being able to practice more autonomously.

I am excited that the new direct access law is what I can look forward to working under as soon as I graduate. It is my hope that more Indiana graduates will stay in-state for employment. I am interested to see how this law has made a difference, and how specific practice limitations may evolve in the future. It also excites me to see how physical therapists around the state can organize together to fight for their profession, and I will be glad to contribute in similar ways in the future.”

IU Student Outreach Clinic - a Recognized Community Leader

The IU Student Outreach Clinic (IU SOC) was recently honored with the 2013 Governor’s Service Award for their efforts to bring pro bono services to under-served populations in Indianapolis’ near east side. Administered by the Indiana Office of Faith-Based & Community Initiatives, the Governor’s Service Award is presented to groups or individuals who are community leaders providing a significant positive impact through their time and efforts. IU SOC was nominated for this honor by fellow community leaders, and is recognized as a well-rounded community resource providing medical and dental care, occupational therapy, physical therapy, pharmaceutical services, social work and legal counseling.

The clinic has received many generous donations from other community organizations and local businesses. These contributions have made a considerable impact on their ability to treat their patients. Because demand continues to grow, IU SOC’s donation wishlist remains substantial: hydrocollator, mini freezer with cold packs, bolsters (multiple sizes), therabands (different resistances) and kinesiotape. Any help with this wishlist is greatly appreciated. For more information about this effort, please contact Christine Baldwin at 317-274-4702 or chrbaldw@iu.edu.
DPT Community Involvement & Campus Student Activities

By Sara Gleason, SPT Class of 2014

The IU DPT students have been quite busy over the past year within the Indianapolis community. The IU Student Outreach Clinic (IU SOC) is progressing well as they are now able to screen all patients for PT services through their new screening referral process. This has also allowed for greater opportunities for inter-professional communication with the other disciplines at the clinic, allowing for comprehensive care. Patient load isn’t the only thing that’s increased at the clinic; physical therapy services are now offered twice monthly with an increase in volunteer numbers. Overall, the clinic has been a positive experience for both patients and students.

Two other programs run by IU DPT students include MS swim and the Goodwin Program. MS swim began again this fall after a semester long break due to the pool being under construction. Third year MS swim coordinator Meghan Sloggett commented, “All of our patients were extremely disappointed that we had to take a semester off…but now that we’re back, it’s like we never missed a beat. We have all of our usual patients who are very excited to be back and we even have a couple of new patients this semester.” MS swim was originally created as aquatic therapy for patients with multiple sclerosis, but has recently expanded to help patients with other neurological disorders, such as Parkinson’s Disease. The Goodwin Program helps local senior citizens and is still going strong as patient and student participation is consistent.

The Student Physical Therapy Organization (SPTO) hosted two events so far this year, including the Indiana Chapter of the American Physical Therapy Association (INAPTA) meeting and the 3rd annual Byron S. Hartman Memorial Blood Drive. The INAPTA meeting had a great turnout with nearly 100% attendance from the first year PT class and many local clinicians. Pauline Flesch, Rehab Director of IU Health and Chair of the INAPTA Legislative Committee, spoke on the recent legislative updates. The blood drive was held in the IUPUI Campus Center, which allowed for more participation from undergraduate students. It was another successful drive, with 50 attempts to donate and nearly 40 successful donations.

Aside from community service work, the department has been active around IUPUI’s campus. The 3rd year class had a successful semester as their intramural volleyball team made it to the final four and their all-women’s regatta team brought home a win (see back page for photo). This was the 1st year that our PT students had a team in IUPUI’s 2013 Regatta, along with 144 other teams that included men’s, women’s, and co-ed teams. The race began at the north end of the canal and made a half-mile loop; it is a relay with team members switching at the edge of the canal at the half-way point. The team consisted of 3rd year students - Courtney Rozelle, Sara Gleason, Amber Hunter, and Mary Stoller. The team name was ‘Canoe Keep Up?’ and it proved hard for other teams to do just that as the girls went on to win the regatta in the all-female division. The team easily qualified for finals and was in the top three qualification times in their division. The finals on the other hand was a little more difficult. Their canoe was pinned into the wall by other teams at times and when it came time for the switch, the original two team members had to leap over another canoe to get out. Despite this they were able to pull off a win, even beating the fastest qualification time in their division.

Student Awards & Accomplishments

2013 Steven Jones Scholarship Award
• Kristen Brogdon, SPT Class of 2015

2013 Katherine Belzer Scholarship Award
• Danielle Farmer, SPT Class of 2015
• Joshua Weyer, SPT Class of 2015
• Arianne Mason, SPT Class of 2016
• Nathan Denning, SPT Class of 2016
• Kirk Johnson, SPT Class of 2016
• Rachel Handt, SPT Class of 2016

2013 Frances C. Ekstam Fellowship Award
• Joshua Butcher, SPT Class of 2014
• Maggie Cappel, SPT Class of 2014

2013 Zachary H. Gregory Emerging Leadership Award
• Lora Dingledine, DPT Class of 2013

2013 Constance Brown Scholarship Award
• Courtney Mathews, SPT Class of 2015

2013 Patricia Evans Fellowship Award
• Brett Gladish, SPT Class of 2016

2013 William Porter Scholarship Award
• Ross Lammers, SPT Class of 2013

2013 National APTA Mary McMillan Awardee
• Lydia George, DPT Class of 2013

2013 IN-APTA Scholarship Award
• Ellen Stuerzenberger, SPT Class of 2014

2013 PT Student Community Engagement Award
• Chelsea Bird, DPT Class of 2013
• Lydia George, DPT Class of 2013

2013 Future of PT Award
• Hannah Enochs, SPT Class of 2016
• Laura Kresnak, SPT Class of 2016
• Kirsten Hart, SPT Class of 2016

Special thanks go out to our generous donors and alumni who make these scholarships possible!
Investigating Exercise Interventions in Pulmonary Disease

By Mary Beth Brown, PT, PhD

The Pulmonary Physiology Lab in the SHRS Department of Physical Therapy was established in fall 2011 with my move here from the Pulmonary and Critical Care in the IU School of Medicine where I was a post-doctoral fellow under an amazing mentor, Dr. Irina Petrache. Our lab's current research focus is to evaluate exercise as therapy for patients with pulmonary arterial hypertension (PAH). PAH is a devastating disease of progressive pulmonary vascular remodeling for which there is no cure. Chronically-elevated pulmonary pressures in PAH ultimately lead to right-sided heart failure and premature death for patients. Exercise is a promising therapy for PAH since it is well-known to benefit lung and cardiovascular health, but little is known about the immediate and long-term effects. More data is needed to address how different parameters of exercise, such as exercise intensity, impact physiological responses and outcomes in PAH. Without this, health care professionals have limited evidence on which to base exercise prescription for their patients with PAH. Our lab is manipulating specific parameters of exercise in a rat model of PAH to determine how exercise prescription can be optimized for maximal benefit with minimal adverse effects such as accelerated right heart enlargement. We are also examining how specific types of exercise may yield greater improvement in skeletal and cardiac muscle metabolism in PAH, and how this may translate to greater tolerance for physical activity. The American Heart Association’s ‘Scientist Development Grant’, a three-year award for early-stage investigators, is funding this work. In both our PAH rat model and in a small pilot study of patients with PAH, we are also investigating if combining exercise with a blood-pressure-lowering prescription medication or over-the-counter dietary supplement can enhance positive training effects in PAH. The clinical study is a small proof-of-concept project funded by the American Thoracic Society-Pulmonary Hypertension Association.

My favorite aspect of research is the students I work with in the lab. I have been fortunate to mentor stellar undergraduates over the past years that have contributed immensely to our bench experiments. Sharp and talented, Tsungai Chingombe (shown above in the lab and left with Dr. Brown) began working in the lab 2 years ago, enrolled in the ‘Bridges to Baccalaureate’ program. Upon ‘bridging’ over to a bachelor’s program in IU’s Chemistry Department last year, she remained in the lab as an IU Undergraduate Research Opportunities (UROP) student. Several other undergraduates have joined the lab recently - Richard Gaidoo and Angela Pittman (Bridges to Baccalaureate), and Rachel Novack (Life Health Sciences Internship). Five DPT students also help the lab’s research endeavors - Jacob Crist, class of 2014, and Josh Weyer, Brent Bremer, Ron Harper, and Catherine Collins, class of 2015. They have the responsibility of rat running for the lab, teaching rats how to treadmill run and managing the exercise training regimens. Jacob also transitioned into a key role in our lab’s clinical study out at the National Institute of Fitness and Sport where he supervised weekly treadmill training sessions for patient subjects. Catherine Collins has also recently joined the clinical study staff and will focus on the pivotal task of subject recruitment. Finally, two lab technicians have joined the research effort this year. Sean Cooney, a graduate of Purdue University in Biochemistry, has assumed the role of lab manager and will also take the lead on bench experiments. Amanda Fisher, an experienced animal surgeon in the School of Medicine, assists with hemodynamic measures in our PAH rat model.

Collaboration is a priority at IUPUI and I feel fortunate to be on a campus where researchers welcome each other into their labs like Midwesterners warmly receiving neighbors into their home. I continue to work with IU physician-researcher Tim Lahm in studies of pulmonary hypertension with funding received from both internal and external grant awards. I also continue to collaborate with IU physician-researchers Robert Presson and Irina Petrache in intravital 2-photon microscopy of the rodent lung (see photo to the right) where we are capturing vascular and immune responses in real time in a living, breathing animal - simply incredible! With the assistance of IU Imaging Core Facility staff microscopist Seth Winfree, and funding through a Core Facility grant received from the Indiana CTSI, I am also working to develop a new model for the study of epithelial transport using 2-photon microscopy and fresh human skin biopsies. Finally, in a new collaboration with IU physician-researcher Dan Rusyniak, we recently investigated in a rat model the effect of amphetamines on thermoregulation during exercise in the heat. Our preliminary findings present a strong case for the need for further funding to investigate the impact of these and similar drugs on exercise and heat stroke risk.

In summary, it has been a whirlwind of two years, getting the Pulmonary Physiology Lab up and running and filling it with an expanding team of talented student and staff scientists. I am grateful for the enthusiastic support that I’ve received from SHRS and School of Medicine faculty and staff, and most importantly, from ‘Team Brown Lab’ - the students who keep our projects not only fruitful, but interesting and fun!
Many of our DPT students participated in the 3rd Annual IU SHRS Interdisciplinary Research and Education Conference. This event is designed to showcase the school’s diverse research initiatives, and to allow students a platform to demonstrate their involvement in faculty-driven research projects. Our students had the opportunity to present their work in a large collaborative poster session attended by faculty, alumni and current students. This conference is a wonderful way to award our students for their hard work, as well as allow them to share their important evidence-based research to a wide audience.
Department of Physical Therapy Faculty Updates

Peter Altenburger, PhD, PT (shown left with his family) with the help of Dr. Ryan Cardinal and Dr. Tracy Dierks began collecting data on research outcomes related to robot-assisted locomotor training in children with neurological deficits. He continues to work with the robotic research team to discover the clinical impact of this technology on motor capacity. He is also working on investigating the impact of the student outreach clinic on professional development. On the home front, Dr. Altenburger and his family visited Northern California including a trip to Yosemite National Park.

Amy Bayliss, DPT, PT had a busy summer traveling with her mum, the highlight being a 2-week trip to Ireland. The photo to the right was taken from the Rock of Cashel which was her favorite historic site she visited. Amy commented that she would recommend a visit to Ireland in a heartbeat - beautiful country filled with welcoming, fun locals.

Mary Beth Brown, PT, PhD (shown left with husband, Chad, and twins Audrey & Mack) had a good year of lab growth - her crew growing to 10 students and 1 lab technician. She was able to take 2 students to the ACSM annual meeting where they presented research on exercise and pulmonary arterial hypertension. Dr. Brown also traveled to Philadelphia to present at the American Thoracic Society annual meeting. Personal travel took her out of the country twice - to Australia and Amsterdam. The family’s vacation was her favorite childhood vacation spot - Sanibel Island, Florida. This fall, Dr. Brown competed in a 10-mile open water swimming event in the Tennessee River, finishing in 4 hours and 15 minutes.

Tracy Dierks, PhD (shown right) stayed busy on research projects ranging from sports medicine to robotics rehabilitation. In his research role with St. Vincent’s Sports Performance, he is an investigator on foot strike pattern and running injury studies, performance indicators of professional drivers, NFL Combine training programs, injury risk assessment in high school athletes, and interventions for runners with knee pain. In the robotics clinic, he works with Dr. Altenburger on robotic locomotor training, and dosing for upper extremity robotic training. On the home front, the Dierks family continued their annual summer trip to Holiday World. They also returned home to Nebraska while Dr. Dierks presented at a conference in Omaha.

Robyn Fuchs, PhD (shown left with Cameron and Ellie) had a fun summer enjoying time with her family. They spent their summer enjoying the nice weather, swimming, doing yard work, and took a trip to Disneyland. Cameron began first grade at a new school. He is having a lot of fun meeting new friends, loves math and art clubs, and can ride his bike to school. Ellie just turned three and is busy in preschool, and has fun keeping up with her brother.

Terry Loghmani, PhD, PT, MTC, CMT (shown right with his sons) had a relaxing summer but did manage to find time to fit in fun. Pictured to the left, she is with her son’s Peter and Michael in front of the Chicago skyline.

Kristine Miller, PhD, PT (shown left with Scout) had a year of transition and new beginnings. She completed her PhD in the spring of 2013 and transitioned from the VA to full time faculty in the physical therapy program in August 2013. She is continuing her work with the VA as a co-investigator in an ongoing clinical trial comparing therapeutic-yoga and structured exercise in veterans with fibromyalgia. She is busy acclimating herself to the university environment and working to start her own research related to post-stroke rehabilitation outcomes. On the home front the Millers enjoyed some fun camping weekends during the summer, and Kristine began riding her new horse, Scout. They’re not quite ready for riding without reins, but they have logged several miles together in the practice arena and on local trails.

Valerie Strunk, MS, PT (shown right at Busch Stadium) was pleased to be through with the promotion and tenure process in the spring of 2013 with her successful promotion to Senior Lecturer with Long Term Contract in April. She celebrated by attending a St. Louis Cardinals game with her husband in May. She watched the game from the Commissioner’s Box, which allowed her to come onto the field for batting practice, sit in the dugout before the game, cheer on the team from the front row next to the Cardinals dugout and drink all the free beer she wanted. It was a dream come true for this lifelong fan, and she was lucky enough to bring seven-year-old Kate back to Busch Stadium for her first Cardinals game in July!

Stuart Warden, PT, PhD, FACSM started off the summer by visiting Disneyland with his family before traveling to Rotterdam to present on the lifelong skeletal benefit of exercise during growth at the 6th International Conference on Children’s Bone Health. Dr. Warden visited London on his return across the pond before commencing in his new role as associate dean for research within the dean’s office. Most recently, Dr. Warden (shown left with Cameron and Ellie) enjoyed zip-lining in Brown County with his 6-year-old son.
Throughout the year, IU DPT students have the opportunity to apply their knowledge and skills on real patients in various clinical education courses throughout our curriculum. Without dedicated clinical educators to guide them in the learning 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 PT educator that goes above and beyond to assist in the clinical education of our students.

This year, we would like to recognize Dr. Bill Beck as the IU Clinical Educator of the Year. Bill is an outpatient PT for Select Physical Therapy in Indianapolis with 22 years of practice experience. A 1991 St. Louis University graduate, he completed his transitional DPT through Regis University last May. He was nominated for the award by his 2nd year student, Ms. Melissa Boyken, who had Bill as her musculoskeletal clinical faculty during her spring Integrated Clinical Education course. This is the first year that an ICE Clinical Faculty member has been nominated for this award. According to Melissa, Bill was a great example of dedication to excellence in clinical teaching. “He tried to schedule patients that related to what we were currently studying in class. When we did have down time, he made sure to give me opportunities to practice on him as well as showing me new techniques. He made it very obvious that he loves to work with students; to teach them as well as to learn from them.”

Bill commented that he feels a calling to serve as a PT clinical educator in his dual roles as clinical instructor and Center Coordinator of Clinical Education (CCCE). “I believe it is imperative in the preparation of the Physical Therapy student to have the highest quality clinical experiences to integrate the classroom learning and practice into a real-world clinical environment. Being the CCCE helps me to be able to match up students with clinical instructors based on the students’ needs and their particular interests for eventual practice as a physical therapist. It is important to me also to form strong relationships between the academic institutions and the clinics in order to share knowledge and experience and incorporate the best evidence into clinical practice.”

Bill recognized the potential for the newly implemented IU Integrated Clinical Education (ICE) courses, volunteering to be one of the first ICE III clinical faculty members during its inaugural semester in the spring of 2013. When asked why he chose to participate as a clinical faculty, Bill responded, “I chose to be a part of the ICE program since I feel this is a great and unique program that can have a significant impact on the early development of the physical therapy student. In my initial academic training, I had the opportunity to frequently interact with clinical therapists in a University Hospital setting, and I found that early experience to enable me to better understand how the didactic learning could be applied to actual patients. It is also a benefit for me and our other ICE faculty members at Select to learn a bit from the students and to discover what they understand about our profession.”

In his free time, Bill enjoys spending time with his wife and two daughters, traveling, cycling and exploring nature. He has also been a home brewer for many years and enjoys brewing up a batch to share with friends and family in Indiana, Illinois, and Missouri. We think this award gives him reason to lift a glass of that home brew in celebration! The IU DPT program would like sincerely to thank Bill, along with all other IU DPT Clinical Educators, who dedicate their time to serve the profession through clinical teaching.

We would like to recognize all instructors nominated by our students for 2013’s IU Clinical Educator of the Year:

- Ryan Bojrab, PT – Wishard Hospital, Indianapolis, IN
- Julianne Dunn, PT – VA Hospital, Indianapolis, IN
- Maria Felblinger, PT – The Christ Hospital, Cincinnati, OH
- Danielle Fokus, PT – Accelerated Rehabilitation, Carmel IN
- Becky Harris, PT – Life Care Centers of Cleveland, Cleveland, TN
- Angela Jarrett, PT – Replay Physical Therapy, Kokomo, IN
- Christie McAvoy, PT – Bluffton Regional Medical Center, Bluffton IN
- Lori Pelletier, PT -- Memorial Hospital, South Bend IN
- Sara Salinas, PT -- IU Health North Hospital, Carmel, IN
- Erin Thomas, PT – Indiana Physical Therapy, Ft. Wayne, IN
- Julie Zeunik, PT – Community Westview Hospital, Indianapolis, IN

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
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

- **Edward Bloom, DPT**, 2009 graduate & , **Missy Dayment Bloom, DPT**, 2010 graduate - bought their first house in Morrison, CO last November. Ed also started a new job in June as a clinic director with Physiotherapy Associates in Arvada, CO. Their most exciting news is that they are expecting their first child in April 2014. Definitely a lot of exciting changes happening in the upcoming year.

- **Brent Farrell, DPT** and **Pennylane (Pazder) Farrell, DPT**, 2006 graduates - (shown left) have welcomed a new addition to their family this year. They have now expanded with Lucas Andrew Farrell, born on February 16, 2013 in addition to his big sister Delaney Rae who is now 2 1/2 years old. Pennylane is staying home with the kids most days but continuing to work PRN with Ortho Indy, while Brent is with PhysioCare Home Health Care full time.

- **Matt Frieje, DPT**, 2009 graduate - is moving back to Brownsburg, IN, in November, with his wife and 2 daughters. Matt started a new job in Zionsville, IN in 2013 as a Lead Physical Therapist.

- **Matt Holder, DPT**, 2009 graduate - and his wife (shown right) welcomed their second child, Noah David Holder, born Sept 27, 2013 at 8 lbs, 8 oz. They still live in Indianapolis, and Matt works for Amedisys Home Health. They feel blessed beyond measure.

- **Kathy Wood Vossmer, DPT**, 2011 graduate - and her husband, Matt, (shown left) continue to work on their house which has become a never ending process. This Christmas they plan on buying each other house siding and gutters as presents. Work is going well - she has been an inpatient physical therapist at Union Hospital in Terre Haute for two years and is still loving it. In addition to work, both she and her husband have gotten involved in the local high school, Northview. Matt was an assistant boys soccer coach this fall, and Kathy recently accepted the head varsity softball coaching position! No kids yet, but with their jobs, coaching, fixing their house, and caring for a couple of dogs they are staying very busy.

- **Adam Whitman, DPT**, 2012 graduate - has become the resident expert in scar tissue, with more patients than any of the 25+ therapists in his organization due to high demand; his department is pushing to get him employee of the month! He has also started taking on students to give back to the profession a bit. He couldn’t be happier professionally with bigger things on track for the future.

2nd Annual Zachary H. Gregory Memorial Golf Scramble

On September 29th, a group including the Dean, faculty, alumni, and close friends joined the Gregory family for the 2nd annual Zach Gregory Golf Scramble, an event to raise funds for the Zachary H. Gregory Emerging Leadership Endowment. Organized in memory of their former classmate and colleague, the event was not just a way to raise funds for the worthy cause, but also a way to reconnect and reflect on positive changes made over the past few years.

The endowment funds the Zachary H. Gregory Emerging Leadership Award which recognizes a third year physical therapy student who demonstrates emerging leadership both academically and professionally. If you would like to contribute to the endowment, you can do so through IU’s online giving site at: [http://shrs.iupui.edu/support/givingoptions.html](http://shrs.iupui.edu/support/givingoptions.html). Donations can also be sent to the IU Foundation, PO Box 6460, Indianapolis, IN 46206, account # 037 P035 159.

Special thanks go out to Dr. Brandon McGaughey, DPT Class of 2010, who organized the event and has committed to additional events next year.
Alumni Spotlight: Rebecca Porter, PT, PhD
By Maggie Cappel, SPT 2014 & Christine Baldwin

‘I am the beneficiary of a lot of serendipity.’ This is one phrase Dr. Becky Porter often reverted to throughout our conversation. While she graduated from the IU PT program in 1972, Dr. Porter has continued to influence students and the program in quiet but profound ways both on the IUPUI campus and within the national landscape. As we spoke, it became even more apparent how deeply passionate she remains about the profession.

Dr. Porter currently serves as Executive Director of Enrollment Services and Assistant Vice Chancellor for Student Services at IUPUI. Her career has included unique twists and turns, but she has remained focused on professional development, growth, and contributing to the well being of others. She never believed administration or teaching was her interest when she began her studies at IU, but she remained open to new challenges and directions. Flexibility remains a foundational attribute of all successful physical therapists!

After receiving her bachelor’s degree from IU, Dr. Porter landed her dream job at Riley Hospital for Children and was soon asked to be a lab assistant. ‘I knew in order to have a long career, I would not remain a staff therapist forever.’ She eventually progressed to a full time faculty member, and ultimately served as the IU PT Program Director from 1983 to 1991. Her continuing education efforts were fruitful - she was awarded a MS in Allied Health Education in 1977 and a PhD in Medical Neurobiology from IU School of Medicine in 1991. On her education, she noted that ‘One exciting thing you get in the educational process is that it goes much further than the skills you gain from the rehabilitation portion of working with the patient. You develop people skills, critical thinking skills and problem solving skills.’ With these abilities well in hand, she made an easy transition into administration.

Dr. Porter has watched the PT profession grow and change tremendously over the years. Amongst these changes are tools available in the diagnostic and intervention realm. ‘Physical therapy now has science to support the art!’ She also noted how she began as a PT during an era where no time limitations were associated with patient care, while now clinicians are required to meet challenging performance metrics. She raises an important question about the future growth of our profession, ‘How can we move the profession forward in this current era of regulation in a way that still allows us to connect with the patients? Treatments are successful when you connect with the patient.’

Dr. Porter continues to make an impact in the profession at the national level. She is an active member of the American Physical Therapy Association, serving as the Neurology Section Treasurer from 1982-1987 and 1999-2004. She is also a Federation of the State Boards of Physical Therapy Item Writer Coordinator for the National Physical Therapy Examination. Dr. Porter also expressed the importance of involvement in the APTA. ‘It is critical to understand that if we don’t come together, decisions will be made without our input during this crucial time of change in health care.’ Her passion about the APTA is further evident in the William D. Porter Award, which she funded in memory of her late husband. This scholarship is awarded to a 3rd year student who demonstrates excellence in a neurological rehabilitation rotation, and covers the cost of their first year annual dues.

In addition to her contributions to education, Dr. Porter has also pursued a commitment beyond the borders of physical therapy. When her husband was diagnosed with leukemia in 1991, Dr. Porter stepped down as IU program director to spend time with her family. Through her daughter’s connection in 4-H, Dr. Porter learned about Leader Dogs for the Blind, and became a puppy trainer. ‘It was a family effort which helped take our minds off the medical challenges we were facing at that time.’ Since that time, Dr. Porter has trained several leader dogs. When asked how she managed to train so many puppies without getting attached, she simply stated, ‘Working with students was great training. As a faculty member, you spend a lot of time getting to know your students. You become close, knowing you will send them on their way at graduation into the profession, and although you may try to keep in touch it usually doesn’t happen. But it is inspiring to hear the stories about the difference they go on to make in peoples’ lives. Training leader dogs is very similar.’

Dr. Porter enjoys spending time with her Leaders Dogs in training. Here she is working with her current puppy, Ben, at a recent IUPUI event. He is 7 months old and will train with her until he is 12-15 months old. Ben is the 16th dog Dr. Porter has raised for Leader Dogs. Only 5 of puppies she has trained have been career changed to pets, most due to health reasons.

Dr. Porter continues to make an impact in the profession at the national level. She is an active member of the American Physical Therapy Association, serving as the Neurology Section Treasurer from 1982-1987 and 1999-2004. She is also a Federation of the State Boards of Physical Therapy Item Writer Coordinator for the National Physical Therapy Examination. Dr. Porter also expressed the importance of involvement in the APTA. ‘It is critical to understand that if we don’t come together, decisions will be made without our input during this crucial time of change in health care.’ Her passion about the APTA is further evident in the William D. Porter Award, which she funded in memory of her late husband. This scholarship is awarded to a 3rd year student who demonstrates excellence in a neurological rehabilitation rotation, and covers the cost of their first year annual dues.

During the recent SHRS Research Conference, Dr. Porter was presented with the 2013 Distinguished Alumni Award by SHRS Alumni Board Leaders, Lynn Sweeney, AHO, Sue Klinger, PT, and Dean Austin Agbo.
YOUR support gives physical therapy students the lead!

Your generosity propels hardworking, dedicated students forward.

Thank you for your support of student scholarships and awards!

For more information contact:
Christine Baldwin
317-274-5151
chrbaldw@iu.edu

Online giving:
http://shrs.iupui.edu/support/givingoptions.html

P.S. PT students were big winners in the 2013 IUPUI Regatta!