Message From the Chair

Spring is just now blossoming and unfolding as we are preparing this issue of Forward Motion. The Department of Physical Therapy is aptly looking ahead to our own growth and future in this season of renewal.

We welcomed dozens of potential applicants at a spring open house to highlight the DPT educational program. These are undergraduate students who are considering physical therapy as a career option. They are eligible to apply for the fall 2008 admissions application deadline and we had the opportunity to describe our program and admissions requirements to them. The interest in the Indiana University program is especially strong as the demand for practicing therapists grows and our department’s reputation has soared.

We are looking ahead to Commencement on May 13th when Indiana University will confer 33 new Doctorates in Physical Therapy. Faculty is especially proud of our graduating class. Each of them has displayed commendable clinical decision making skills and has performed very well on their final clinical assignments. We look forward to counting them among our colleagues.

Farewell, Professor Bainbridge

It is a common adage in the world of clinical education that being in the position of Academic Coordinator of Clinical Education (ACCE) in a Physical Therapy program is doing a job in which the work is never done. For nearly 15 years, Cheryl Bainbridge excelled in the ACCE position at Indiana University’s Department of Physical Therapy. She entered the role with over 23 years of clinical practice, drawn to the University because of her love of teaching and problem solving. Cheryl positively influenced the professional lives of thousands of Physical Therapists both in Indiana and across the country, only beginning with the students that have graduated from IU’s PT program. She has been a trainer in the APTA CI credentialing course since 1997 and will thankfully be continuing this role of certifying hundreds of Clinical Instructors through the APTA.

Over the years she has served in numerous other roles in both the state and national chapters of the APTA. Perhaps more impressive is her dedication to providing clinical education resources to the PT community at large in the form of in-services, lectures and presentations in clinic settings across the state. It is a rare PT in Indiana who has not been able to interact with Cheryl and benefit from her dedication to the service of our profession and the education of our professionals.

At the end of December, Cheryl left her role at Indiana University in search of new challenges. While she has now settled into her new calling in acute care clinical practice at Bloomington Hospital, she still plays a huge role as a mentor for many of our faculty and staff. We feel it would be foolish if we did not recognize her accomplishments both at IU and beyond as a fantastic road map for our department’s success. Good luck and best wishes, Cheryl!

Lisa Riolo
PhD, PT, NCS
Community Involvement - DPT in Action

Valerie Johnson, DPT Class of 2009

Our DPT students are continuing the department’s tradition of compassion and community service both locally and around the world. Students volunteer weekly with the Motor Activity Clinic, the MS Swim program, and the Goodwin Plaza Senior Apartments Program.

The Motor Activity Clinic (MAC Clinic) is designed for children with disabilities who live in Indianapolis and the surrounding areas. Our students - as well as other IUPUI volunteers - work on Saturday mornings to provide swimming and physical fitness activities for these children.

At the Goodwin Plaza senior apartments, DPT students lead exercise and health information sessions with residents. Students from the Class of 2009 designed this volunteer program to focus on geriatric care in the Indianapolis community.

The MS Swim program exists for members of the community with multiple sclerosis. The swims occur on Monday evenings at the IUPUI Natatorium. Physical therapy and occupational therapy students assist individuals of all ages with stretches and aquatic exercise that are designed to strengthen and support, providing the patients with a better quality of life.

Additionally, in April the Class of 2009 will participate in the Elder Watson Diggs Elementary (IPS #42) Annual Community Health Fair where they will be providing information to local families about exercise, health, and wellness.

Pitt-Marquette Challenge 2007

Allison Herriot, DPT Class of 2009

In March, our DPT students held a very successful two day continuing-education seminar for clinicians and students from the surrounding area. The seminar was presented by Dr. Shirley Sahrmann, who shared with participants her expertise on establishing a diagnosis and treatment program for movement syndromes of the lower back. Dr. Sahrmann also took the time to speak candidly with students in the program about what it means to be a Doctor of Physical Therapy and how they can positively impact the profession in the future. Everyone involved felt very privileged to work with and learn from someone who is as knowledgeable as Dr. Sahrmann.

This seminar was the students’ main fundraising effort for the Pitt-Marquette Challenge. The total amount raised was nearly $15,000! The students are incredibly proud of their efforts since this total surpasses the amount raised last year. IU placed second in last year’s national competition, but awaits results of this year’s efforts.

The Pitt-Marquette Challenge is a student run fundraising event which has raised $935,000 for the Foundation for Physical Therapy. The goal of this year’s challenge was to raise $147,000, putting the total money raised for rehabilitation research at the million dollar mark! The sizable contribution from our DPT students will significantly help reach that goal! For next year’s Challenge, we have asked Dr. Bill Boissonnault from the University of Wisconsin to present a workshop on diagnostic imaging for Physical Therapists.

Class of 2007 DPT students enjoying the workshop with IUPUI alumnus, Steve Jones.
Student Update

2nd Annual Student Mission to Ecuador

Valerie Johnson, DPT Class of 2009

Looking to the future, the Class of 2008 is planning the Department’s second annual trip to Quito, Ecuador this summer where they will be providing free physical therapy services to local children. The students will be working in conjunction with the Tierra Nueva Foundation’s Child Development Center and the Timmy Foundation. This trip will be May 30 through June 6 and will provide our students with a cultural and education experience that will last a lifetime.

Conference Notes - the Student Experience

The opportunity to attend the APTA Combined Sections Meeting was a great experience. It was eye-opening to see the variety of specialties available in our profession and to meet other students from schools around the country. We had the chance to participate in presentations from experts within their field and to interact in lab sessions. For me, the most impressive sections were the Animal PT meeting and the Performing Arts Special Interest Group (PASIG) meeting. In the Animal PT session, we heard about the expanding new field of canine PT; and were able to work with real dogs to learn the best techniques involved when working with animals. I especially enjoyed the PASIG session; simply because I had the opportunity to meet with PTs specializing in dance medicine – my preferred field – and to learn about job opportunities available upon graduation. All students should take the opportunity to attend an APTA meeting for the variety of information, networking, and the chance to rub elbows with the nation’s top PTs. I truly appreciate the department’s support of our travel plans and hope to attend next year!

Lynn Taylor, DPT Class of 2008

Attending the APTA Combined Sections Meeting gave me the opportunity to build relationships with future peers and employers, as well as to learn more about specialties and niche markets available for physical therapists. The platform presentations provided research information on current practices, modalities, and interventions that we are learning about in the classroom. Overall, it was the break I needed to reaffirm my decision to pursue physical therapy as a career and to revive my motivation in the classroom. I think ALL students should be encouraged to attend in the future.

Kara Sayger, DPT Class of 2007, has received honorable mention in the consumer brochure competition held by the Geriatrics Section of the American Physical Therapy Association. Keep an eye on the section’s website page: http://www.geriatricspt.org/clients/brochures.cfm#. Her work on managing incontinence will be published on their website by the end of April 2007.

Student Awards & Accomplishments

Deserving students within the department are recognized each year. For the 2007 graduating class, it was a clean sweep for Stacey Meyer, who achieved academic excellence in each area listed below. Congratulations, Stacey!!

Cardiopulmonary Award
Integumentary Award
Musculoskeletal Award
Neurorehabilitation Award
Foundational Sciences Award
Dr. Stuart J. Warden, Assistant Professor and Director of Physical Therapy Research, has been busy of late answering questions from the media regarding his latest research.

Dr. Warden used a novel model to exercise the skeletons of rats for seven weeks during their pubertal growth spurt (see left). Animals were not exercised for the next 92 weeks—virtually the entire lifespan for a rat. At the end of the study, exercised bones were bigger and stronger than non-exercised bones, despite exercise being ceased a lifetime ago.

Dr. Warden’s data indicate that exercise when young can have lifelong benefits on bone fracture risk. They suggest that the old exercise adage of ‘use it or lose it’ may not be entirely applicable to the skeleton and that individuals undergoing skeletal growth should be encouraged to perform impact exercise, such as basketball and jump rope.

Articles about Dr. Warden’s findings were reported in the Healthy Living section of the Indianapolis Star newspaper, the Diario Médico, First for Women and LA Health News publications.
Evidence-based practice is a current ideal in health care and involves the integration of individual clinical expertise with the best available external evidence. The Department is committed to preparing entry-level students to become practitioners of evidence-based physical therapy. To facilitate this mission and advance the profession, it is necessary to train and mentor appropriately qualified faculty in doctoral-level research.

There is currently a shortage of qualified faculty at the doctoral level in the health and rehabilitation sciences. A 2005 national survey of 116 physical therapy educational programs demonstrated that almost half (52) were searching for faculty, with 16 searching to fill two or more vacancies.

Recognizing the national deficiency in doctoral-trained researchers, the School of Health and Rehabilitation Sciences at Indiana University has developed a proposal for a Ph.D. in Health and Rehabilitation Sciences. This will be a 90 credit hour degree that aims to develop research scientists and scholars to substantially contribute to the body of knowledge in health and rehabilitation and who, in turn, can teach and mentor others. There are currently no comparable programs within the state.

Admission into the Ph.D. program will be based on completion of a post baccalaureate degree in a related health care discipline, with the new degree targeted to commence in Spring 2008. For further information and enrollment inquires, please contact the Associate Dean of the School, Dr. Joyce MacKinnon at jmackinn@iupui.edu.

Clinical Research Laboratory Under Development

The Department is currently developing a Clinical Research Laboratory (CRL) for the scientific investigation of clinical populations. The CRL will be housed on the first floor of Coleman Hall, and will dovetail with the Department’s Musculoskeletal and Motion Analysis Research Laboratories to investigate clinically-relevant research questions. Equipment in the CRL currently consists of a Biodex System 3 isokinetic dynamometer for quantitative neuromuscular analyses, NeuroCom® SMART Balance Master for objective assessment and retraining of balance, and StraTec XCT 2000 peripheral quantitative computed tomography system for bone and muscle size and mass assessments. The CRL will be under the directorship of Dr. Stuart Warden (stwarden@iupui.edu) and will to be operational by the end of the Summer 2007.

Recent Departmental Publications

- VREEMAN DJ, McDonald CJ. A comparison of intelligent mapper and document similarity scores for mapping local radiology terms to LOINC. *AMIA Annual Symposium Proceedings* 2006;809-13
- Burke J, Buchberger DJ, CAREY-LOGHMANI MT, Dougherty PE, Greco DS, Dishman JD. A pilot study comparing two manual therapy interventions for carpal tunnel syndrome. *Journal of Manipulative and Physiological Therapeutics* 2007;30:50-61

Please contact Ms. Brenda Lawless (bsmither@iupui.edu) for reprints of departmental publications.
Clinical Update

Transforming Clinical Education Workshop Given by APTA Luminary

Jody Gandy, PT, PhD and current Director of Clinical Education and Education Systems at the APTA, will be the facilitator at an important workshop hosted by the Indiana Chapter of the APTA in collaboration with Indiana University and the University of Indianapolis. The workshop is designed to assist academic and clinical programs by creating a collective vision in order to strengthen their partnership. Transforming this partnership begins with analyzing the academic-clinical education relationship and progresses to developing goals that take advantage of the identified strengths and that address the recognized challenges. This workshop will use a systematic process to identify strategies that ensure the investments of all involved stakeholders in clinical education. This workshop will be given on September 26, 2007 on the campus of the University of Indianapolis. More details will soon follow. If you have further questions about the workshop, please contact Valerie Strunk, Director of Clinical Education at Indiana University.

Clinical site spotlight

REBOUND Rehabilitation & Sports Medicine

When you think rebound and the city of Bloomington, you automatically think Indiana University Basketball. However, the local community also associates Rebound with the outpatient therapy clinic they trust for their family’s physical therapy needs and services.

Rebound Rehabilitation & Sports Medicine is part of Bloomington Hospital and has state of the art facilities in 6 different locations within Monroe, Owen and Lawrence Counties. Rebound Rehabilitation & Sports Medicine has been focused on enhancing healthcare since 1985.

Rebound prides themselves in hiring therapists’ who exemplify commitment to excellence, a passion for patients, and an attitude of innovation. Experiencing the care these individuals provide is something patients and families don’t soon forget. Therefore, students who are assigned to Rebound for their clinical come away with a very positive learning experience.

In addition to providing traditional rehabilitation services, Rebound’s highly skilled staff offer a number of specialty programs and services. One of the specialty programs is aquatic therapy—the pool has an in-ground treadmill with video capabilities.

With more than 60 full and part-time employees, Rebound locations provide the region’s most dedicated professionals with a commitment to excellence, innovation and quality care. As the most experienced outpatient rehabilitation staff in the area, they specialize in the assessment, treatment, and rehabilitation of a variety of orthopedic, musculoskeletal and neurological conditions. As part of the regional Bloomington Hospital system, Rebound has the ability to coordinate its programs across the full continuum of related patient needs.

Rebound has also been a leader in developing wellness and prevention programs. The programs offered are impressive and include; massage therapy, athletic training and enhancement, Feldenkrais® Method, Bones for Life®, Fibromyalgia Interactive Training (FIT), FrontRunner, Excel, Body in Balance, GolfFit and a Fibromyalgia Support Group.

Rebound has an impressively strong relationship with the Indiana University program, and currently has 14 IU PT alumni currently working at their facilities. In addition, an excellent example of the strength of the Rebound-IU program relationship is the willingness of the Rebound clinicians to act as guest speakers for classes. During the current semester courses, six different clinicians have provided their expertise in the classroom.
Alumni Update

Meet the Alumna...Anne Shumway-Cook

Kimberly Kraetzer, DPT Class of 2007

At the beginning of her PT career, Anne Shumway-Cook hit the ground running and hasn’t stopped since. Her dedication to lifelong learning, in regards to both clinical practice and research, is evident not only in her personal career path, but also in her commitment to educating fellow clinicians and future generations.

Anne’s drive, determination, and adventurous spirit have created a career that has taken her around the world and across the country. After graduating from Indiana University with a Bachelor’s Degree in Physical Therapy in 1969, Anne accepted her first job in New Zealand. Upon returning to the United States, Anne worked in a pediatric facility while earning her Master’s Degree in Special Education from the University of Oregon. The next step on Anne’s career ladder took her to a teaching position in Georgia where she discovered that, while she enjoyed her work, it was important for her to attain a Ph.D.

It was this decision that moved Anne back to the west coast and allowed her to meet the two most influential people in her career - Lewis Nashner and Marjorie Woollacott. In Dr. Nashner’s research lab, Anne completed her first study in 1980 on postural control in children with Cerebral Palsy. Anne remarks, “Our findings were astonishing and different from what I had previously known.” Anne has since published over 50 journal articles, written 18 chapters in various texts, and co-authored one textbook, which was written with Woollacott. Her hard work and kindhearted nature have earned her the respect and admiration of peers world-wide.

Anne’s father once said, “For man cannot live by scientific truth alone, for it will always remain relative; an understanding and compassionate heart is the final and only absolute.” Anne’s actions emulate her father’s words.

In her 38 years as a physical therapist, she has invested immeasurable time and energy both to treating patients and to researching balance. She openly explains that her greatest reward has been the simple knowledge that she has helped others. “When another therapist says my research has made her a better clinician, it shows me that I’ve been able to reach out and touch others to help them become better at treating patients.”

Anne earned a Ph.D. in Motor Control from the University of Oregon, and, in 1998, she returned to teaching - this time at the University of Washington in Seattle where she currently instructs students in Applied Neurology and Geriatric Physical Therapy. Anne is a strong proponent that a Ph.D. is extremely important in research, as it is necessary to obtain funding, and she passionately expresses that PTs interested in pursuing research should not end their educations with a DPT degree.

At the end of this year, Anne will be retiring from teaching and full-time research. Her husband will also be retiring, and, in addition to being grandparents for the first time, they are looking forward to spending time camping and hiking together. Anne also enjoys quilting and studying comparative religion. Indiana University is honored to call her an alumna, and although she says she did not enjoy the formaldehyde smell of anatomy lab, Anne fondly remembers wonderful classmates and the great, committed teachers during her time in school.

A Special Thanks to Our Donors

We are truly grateful for donor contributions over the past year, as well as the commitment to the Indiana University Department of Physical Therapy. As our departmental research and academic components continue to expand, these gifts are crucial to our mission of training the next generation of physical therapists. Most importantly, these donations allow us the freedom to create innovative academic initiatives that help shape our students into strong leaders and clinicians. Additionally, as rising school costs create even more burdens, your contributions help fund vital scholarship programs that provide our students with an opportunity for growth.

For more information about our academic initiatives and scholarship programs, please contact Brenda Lawless at bsmitner@iupui.edu. Donations can also be made through our website at www.dpt.indiana.edu. Look for the ‘Give Now Button’ that will take you directly to the Indiana University Foundation. Thank you!
Alumni Keep in Touch

Make a difference!

Each year as educational costs continue to skyrocket at an astounding rate, the annual budget for the department allotted by the state continues to decrease. 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 donation to our mission as we continue to build on our expanding program.

Every gift, large or small, makes a difference and is truly appreciated.

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

Mail contributions to:
Indiana University—Department of Physical Therapy
1140 West Michigan Street, CF 326
Indianapolis, IN 46202

Alumni Keep in Touch

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

With your current contact information, we will be able to keep you informed on upcoming events, networking opportunities, and other happenings of interest.