Message From the Chair

The spring semester is winding down as we prepare this issue of Forward Motion, making it an optimal time to reflect on departmental accomplishments over this academic year. The following pages highlight and accent some of our faculty, students, alumni, and clinical partners. The stories and announcements reflect the mission of the Department of Physical Therapy across each of its components: teaching and learning, scholarship, and civic engagement. Additional projects are presented on the Department of Physical Therapy website for all to review: www.dpt.indiana.edu.

I hope that all readers share my enthusiasm and respect for all people involved in our department. It is exciting to read about students presenting their work to colleagues at a national conference (page 3) and bringing learning opportunities to local clinicians while generating contributions to physical therapy research (page 2). I find it especially inspiring when current students interact with alumni (page 7). Of course we would not be able to produce such strong students if it were not for our clinical partners (page 6). I particularly enjoy seeing all these elements come together to produce strong physical therapists.

The semester will culminate in commencement for 33 new physical therapists. 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 and look forward to watching them develop as practitioners.

The summer will bring new leadership to the School of Health and Rehabilitation Sciences. Dr. Augustine Agho will assume the role of dean in July. He comes to us from the University of Michigan - Flint. The Department of Physical Therapy is one of four departments within the school and we look forward to growing into our goals with the school’s new leadership.

Lisa Riolo
PhD, PT, NCS

SHRS PhD Program Moves Forward

Joyce Mac Kinnon, EdD, PT, SHRS Interim Dean

We are pleased to announce that the School of Health and Rehabilitation Sciences (SHRS) has received formal approval from the IU Board of Trustees to offer a PhD in Health and Rehabilitation Sciences. This is a significant milestone in our school’s history. The faculty worked diligently to create a program that will be academically rigorous and meet the needs of Indiana and the nation.

This 90-credit hour degree program has been specifically designed to develop scholars who, through their leadership and original research, will contribute to the knowledge base in health and rehabilitation sciences. We envision program graduates emerging as leaders in education and research in academics, clinical facilities, and industry.

Applications are being accepted this spring for individuals who would like to matriculate for the fall 2008 semester. Applicants will be required to identify a research mentor as part of the application process. Preference will be given to students who will study full time. The program will be administratively housed in the Department of Health Sciences in our school.

We hope that some of our alumni will be interested in this program. For additional information, please visit our website: www.shrs.iupui.edu/hs.
20th Annual Marquette Challenge

Our DPT students have successfully completed another continuing-education seminar in February for local clinicians and students in the 20th Annual Marquette Challenge. The seminar was presented by Dr. William Boissonnault who offered an interactive workshop on diagnostic imaging and its application in the clinic.

Dr. Boissonnault generously provided our students with a private presentation the evening after the workshop. They were enthusiastic and used the opportunity to pull together a pitch-in dinner as a way to say thank you.

This is IUs fourth successful showing in the Marquette Challenge which is an annual fundraising event for the Foundation for Physical Therapy. Proceeds from this national competition provide grant dollars for critical physical therapy research. This years fundraising goal set by the foundation is $193,500 and our students worked diligently throughout the year to help in the effort.

A fall seminar is currently planned for October 2008 with Barbara Feltman, PT focusing on outpatient oncology management for physical therapists. Information will be sent out as soon as the details are complete - keep an eye out for our flyer.

Elective Courses Begin in Spring 2008

Lisa Riolo, PhD

The purpose of the DPT educational program is to prepare generalists for entry-level practice. We have successfully met this objective as evidenced by licensure exam pass rate and comments from clinical instructors and graduates and their supervisors. Still, our students have consistently requested additional content within specialty practice areas. As a result, we have begun to expand the program to include electives to meet this request. Third-year students will have the opportunity to take electives beginning with this spring’s offering on instrument-assisted soft tissue massage (Graston Technique) presented by Professor Terry Loghman and Dr. Amy Bayliss. In the Fall 2008 semester, Rehabilitation for Athletes will be an elective offered to the third-year students, presented by Scott Schroeder, PT, ATC. Additional courses will be added to increase options available to students.

Pediatrics Faculty Search

The IU Department of Physical Therapy is seeking a new faculty member to join its dynamic, growing staff for the fall of 2008. The program is looking for an individual with expertise in Pediatrics who is prepared to fulfill the role of academician.

This appointment is a 10-month clinical or tenure track position in an entry-level DPT educational program based in an academic health science center. Responsibilities include scholarship, teaching, and service in topics relevant to pediatrics. Requirements include an earned doctorate in related field, PT licensure or eligibility for licensure in Indiana, and a record of success in scholarship, teaching, and professional service related to pediatrics. Start-up funds are available. Faculty track, rank, and salary commensurate with experience and academic credentials. IU is an Equal Opportunity/Affirmative Action Employer.

The Department is located on the Indiana University Purdue University (IUPUI) campus along with the IU Medical Center and the nationally ranked Riley Hospital for Children. The campus is situated close to the heart of Indianapolis with easy access to museums, sporting events, and shopping.

Interested applicants should submit a letter of intent, CV, and a list of 3 references to:

Peter Altenburger, PhD, PT • Search Committee Chair • IU Department of Physical Therapy
1140 W. Michigan Street, Coleman Hall 326 • Indianapolis, IN, 46202
Phone: 317-278-0703 • paltenbu@iupui.edu
DPT in Action - Ecuador & the Timmy Foundation

Five DPT students, along with Drs. Lorrie Ippensen Vreeman and Daniel Vreeman, spent a week last summer working with underprivileged children in Quito, Ecuador. Monica Beaman, Lauren Peoples, Kathey Carvajal, Jenny Lyons, and Erin Hilles of the Class of 2008 worked industriously throughout the year to collect donations for the Timmy Foundation, a non-profit organization to strengthen international awareness for children’s health, which sponsored their mission trip.

The students and professors worked extensively with children suffering from various neurological conditions such as cerebral palsy, autism, and Down’s syndrome. The experience has proven to be priceless for the students. Their work was featured at CSM 2008 in Nashville as a poster presentation on international service learning.

Class of 2009 DPT Students including Julie Bond, Erin Bower, Ellie McCammon, and Katie Ranger will be continuing the annual mission trip this June. They hope to become more involved with the international health care system and to provide their physical therapy services to underprivileged children with disabilities. The efforts to raise money have included pizza lunches and raffle sales. If you would like to support their mission or would like more information, please contact Erin Bower at embower@iupui.edu.

IU DPT Students Present Posters in Nashville

The Combined Sections Meeting 2008 (CSM) of the American Physical Therapy Association (APTA), held in the Nation’s country music capital, proved to be a productive conference for our students who not only delivered platform presentations but also hosted poster displays throughout the event. The topics of their research varied from debates on the treatment of pyoderma gangrenosum to the impact of service learning on student experiences in local and international venues.

The students, working closely under the supervision of Drs. Amy Bayliss, Peter Altenburger, Stuart Warden, and Professor Terry Loghmani, spent nearly a year on their preparation. The department enjoyed its largest student participation level at CSM this year and anticipates a continuing trend with the interest level at such a new high.

The student experience was exuberant, with many hoping to maintain the research and networking momentum at next year’s CSM in Las Vegas. “CSM 2008 was a great time! IU had a turnout to be proud of and we showed our numbers with the abundant posters and presentations we brought with us. I had the chance to network with exhibitors, learn about current research, and even dine with some key players of the APTA at the PT-PAC luncheon. I found presenting somewhat intimidating, but a worthwhile experience that I think all students would benefit from. I look forward to CSM 2009 in Las Vegas!”, remarked Bobby Lassiter, Class of 2008.

Student Awards & Accomplishments

Deserving students within the department are recognized each year. The awards across the board demonstrate the academic strength of the Class of 2008.

Congratulations, graduates!!

Cardiopulmonary Award - Lacey Morris
Integumentary Award - Jamie Grogg
Musculoskeletal Award - Nathaniel Austin
Neurorehabilitation Award - Jennifer Lyons
Foundational Sciences Award - Jamie Grogg

Special congratulations goes to the following graduating students for their achievements:

- 2008 McMillan Scholarship Award Nominee
  Jamie Grogg
- 2008 TK Carl Promise Award
  Lynn Taylor
- 2008 William Porter Award
  Jacqueline Duprat
Faculty members Professor Terry Loghmani and Dr. Amy Bayliss presented a workshop session at the 2008 Edward C. Moore Symposium on Teaching Excellence held at the new IUPUI Campus Center this February. Their presentation centered on the recently developed Integrated Case Series and family tree created by department faculty and students as a teaching resource for use across the DPT curriculum. It is a teaching tool designed to enhance students’ cognitive, cultural and ethical competence in preparation for clinical practice.

The case series was structured to improve the DPT student learning experience by viewing potential treatments and lifestyle patterns across the lifespan in a full family environment. As with most department teaching resources, it was specifically designed to fit into any course in the DPT curriculum with the option to be applied as any instructor desires. It could be used to explore complex family relationships as well as their impact on a patient’s rehabilitation and quality of life. It has the potential to improve students’ exposure to a wide variety of patient experiences because the case series was created to include multi-cultural, racial, ethnic and religious influences, as well as the effect of life experiences on interventions.

Dr. Bayliss and Professor Loghmani both commented that, “Our session at the EC Moore Symposium was attended by a diverse audience, representing numerous schools and centers on campus including individuals from the Center for Teaching and Learning, the School of Nursing and the School of Medicine.”

The subsequent question and answer period provided the collaborators with a strong rationale to continue the project. The professors noted that “the questions posed to us only reinforced the need to continue investigating the impact of the integrated case family. In particular, there was a question about whether the integrated case family series could enhance the clinical effectiveness of students. Suggestions were also made to collaborate with Nursing and Occupational Therapy programs using the case family series to foster an interdisciplinary approach in patient care.”

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**Can Fear of Falling be Reduced with Innovative Exercises?**

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

Do you know what is generally considered to be the biggest fear among those over the age of 65? It’s the fear of falling. In the United States, falls are the leading cause of injurious death for those over the age of 65. What’s more, at least 30% of those over 65 that reside in a community will fall once per year, with 10-20% falling 2 or more times per year. After age 80, annual fall rates increase even more to 50%.

The elderly who fall are likely to sustain more fall related trauma and serious injury, ranging from hip fractures to head trauma and possibly even death. The annual health care costs to treat these fall related injuries are expected to reach $43.8 billion by 2020.

In response to these debilitating injuries and rising health care costs, preventing falls has become an increasing area of focus for many researchers. At the IU Department of Physical Therapy, Dr. Tracy A. Dierks and Dr. Peter A. Altenburger have teamed-up with Dr. Arlene Schmid (Dept. of Occupational Therapy) to use an interdisciplinary approach to tackle the fear of falling problem. This research team is working with the residents of a local Del Webb community (at Briton Falls) to incorporate innovative exercises to improve age related declines in balance, coordination, and muscle strength, which are factors that increase fall risk. The researchers are also hoping that the enjoyment levels and social interaction of the innovative exercises will lead to more regular exercise participation. Additional support for the research project is being provided by Raymond James Financial, Inc.
Broken bones due to osteoporosis are a serious worldwide health problem that have devastating consequences on quality of life. Dr. Robyn Fuchs has developed a research laboratory focused on identifying molecular pathways involved in regulating bone size in an effort to develop new therapies for preventing and treating osteoporosis. The Bone Physiology Research Laboratory is located in the Department of Anatomy and Cell Biology in the IU School of Medicine.

Studying proteins involved in regulating skeleton growth and development is an important research objective given the growing problem of osteoporosis; hence, discovering treatments that potentially increase bone strength and reduce the risk for fracture are highly desirable. One way to improve bone strength is to make them larger by targeting the periosteal surface (outer surface of a bone) during growth and aging. Adding bone material to the outer surface of a bone results in an increase of it’s size which translates into large increases in bone strength. Thus, by making a bone bigger it may be possible to reduce an individual’s risk of sustaining an osteoporotic fracture.

Dr. Fuchs’ research currently focuses on examining a protein called periostin which is found to be preferentially expressed on periosteal bone surfaces. Based on the location of this protein in the skeleton, periostin may be important in regulating the size of bone. Additionally, periostin itself in the form of recombinant human periostin may be a novel treatment agent for improving bone size as a means to increase bone strength. Dr. Fuchs’ research extends beyond the IU campus to the National Synchrotron Light Source at Brookhaven National Laboratory where she examines skeletal mineralization (amount of calcium and other minerals compared to the amount of collagen) in response to various drug therapies, and she will examine the mineralization of bone tissue from her periostin mice.

Please contact Ms. Brenda Lawless (bsmither@iupui.edu) for reprints of departmental publications.
The skills that make a physical therapist an excellent clinical practitioner do not necessarily make that same therapist an excellent clinical teacher. That assumption led the APTA to begin offering Clinical Instructor Education and Credentialing courses a little over 10 years ago. The first tier credentialing course covers the basics of teaching, communication, assessing student performance, planning learning experiences and dealing with exceptional students. However, as our profession transitions toward a doctoring profession, demand for the next level of instruction in clinical teaching has been rising.

In response to this demand, the APTA has recently launched an Advanced Clinical Instructor Credentialing Program. This course will introduce more advanced clinical teaching concepts such as evidence-based practice, clinical decision making, and professionalism in a more interactive and case-based environment.

The Advanced CI Credentialing course has been successfully piloted in the past 6 months. Because the program is still new, there are only a handful of educators that have been trained to teach its content. We are proud that one of those trainers is Cheryl Bainbridge, PT at Bloomington Hospital and former ACCE at Indiana University. Cheryl was one of the trainers that participated in this course offering at CSM in Nashville in February. She has agreed to partner with IU to offer the Advanced Course on September 26 and 27, 2008 on the campus of IUPUI.

If you are interested in more information about the Advanced CI Credentialing Course offered this September, please contact Karen Mitcham at kmitcham@iupui.edu.

Wishard Hospital has been providing quality health care to the underserved population of Marion County since the hospital began. Wishard has historically been a strong clinical partner of the IU physical therapy educational program, consistently offering quality clinical education opportunities. The variety of learning experiences available to students covers the spectrum of clinical practice. Students find themselves learning inpatient acute care in a fast-paced level 1 trauma center as well as a nationally recognized burn unit. The acute rehabilitation center provides student learning opportunities in wound care and inpatient rehabilitation. There are also a number of outpatient clinical education opportunities in the rehabilitation department as well as in a number of clinics throughout the hospital providing consultation, evaluation and treatment for general orthopedic, neurologic and geriatric patient populations. Specialty focus clinics including amputations, burns, ALS, and bariatrics provide an ever-broader student experience.

The Wishard PT department is proud of its commitment to education, accepting over 40 students from 8 programs for full-time clinical rotations last year. Many of those students were from IU. Renee Van Veld, the Center Coordinator of Clinical Education at Wishard is currently proposing to change the clinical education model to offer more collaborative opportunities to students. “When multiple students have the opportunity to work with one CI, there are opportunities for directed learning that don’t always occur with more traditional one-on-one models of clinical education. Introducing ideas that are working elsewhere across the country here in Indianapolis is very exciting,” says Van Veld.

When asked why Wishard is so committed to student education, Penny Handshaw, PT, DPT and Director of Rehab Services at Wishard proudly mentions what the challenge of teaching means to the clinicians. “Students keep us sharp and focused on the latest information about the profession. The education program also is one of our best recruitment sources. Our staff enjoys the challenges of teaching our students…so it helps with retention of our best and brightest staff!”

Renée Van Veld, PT and CCCE at Wishard Hospital working with her patient, Jeremy Warriner, on his new prosthetic lower extremities in Wishard’s newly renovated outpatient gym space.
Meet the Alumnus....Stephen O. Jones, PT

Kory Risner, SPT, Class of 2009

Little did he know that his hurt back as a junior in high school would actually lead him to his lifetime career. Stephen Jones knew he wanted to work in the medical profession but it was not until he was under the care of an orthopedic physical therapist that his interest in the profession grew. After he spoke with his PT about what it took to become one, Stephen knew it was what he wanted to do. And he hasn’t looked back since!

After graduating from high school in 1957, he began taking the prerequisite classes for the IU physical therapy program. He applied, was accepted, and was one of the 13 graduates of the Bachelor of Science degree in Physical Therapy, Class of 1963. His first job was with the United States Public Health Service. After serving in that role for two years, this northeast Indiana native moved to Fort Wayne where he began working in an acute hospital setting. His desire to one day teach led him to begin taking graduate courses in Fort Wayne before eventually moving back to Indianapolis where he completed his Master of Science in Education with a concentration in physical therapy in 1971. Interestingly, he and another student were the first graduates of the master’s program.

His first teaching position took him to Louisiana State University, where he remained on faculty for two years. He soon found himself back in the clinical setting practicing orthopedic physical therapy in Florida. He led the PT department and also served in administrative roles during his 10 years there. Stephen then headed back to the Midwest to help care for his family and worked in a few different settings throughout the years before taking a position at a long-term acute care facility, where he worked for five years before retiring as a clinician. It was during that time that his passion for the geriatric population developed. He truly enjoyed and admired the diverse group of people whom he had come to know and care about. This part of his career would later inspire Stephen to sponsor a fellowship through the IU Department of Physical Therapy for students declaring an interest in working in the geriatric or acute care setting.

Now, Stephen tries to remain involved with the profession by staying active in the state chapter and by attending national physical therapy conferences when he is able. In addition, he is an adjunct lab assistant to the department’s Introduction to Therapeutic Interventions course, a role he has held since 1998.

When asked if he could recall any funny stories or patients during his time as a clinician, Stephen simply laughed and stated that there were entirely too many to list! He does, however, have some advice for future clinicians. He encourages students to be active within the profession and take advantage of continuing education opportunities. He adds that students should be proud of the profession they have chosen and the work they do as physical therapists. His last piece of advice was given to him by IU PT founder Frances C. Ekstam and is simply to “be kind.”

When he is not healing patients or imparting his wisdom to the next generation of physical therapists, you could find Stephen busy with his life-long interest: antique and classic cars. He describes himself as an “absolute nut” about automobiles and is even active in national car clubs.

Stephen finished by saying that he has enjoyed observing and learning from the students of physical therapy that he has gotten to work with over the years and he was very honored and flattered that the department had chosen him to spotlight. On behalf of the department, we thank you Mr. Stephen Jones for your admirable dedication to the profession and the school and we are proud to recognize you as one of our alumni.

2008 IU Alumni Weekend Events & Reunions

The long-anticipated Alumni Weekend on Friday, May 16 and Saturday, May 17, 2008, will include celebrations for several school or department anniversaries, including the 50th Anniversary of the IU Department of Physical Therapy. While the schedule is tentative, the weekend begins with the Opening Luncheon scheduled at the University Place Hotel Ballroom on Friday with a presentation given by Dr. Mike Olinger. He is a researcher and medical director for the Indy Racing League and will speak on his team’s efforts to make the sport as safe as possible. This will be followed later that day by an alumni reception held at the new IUPUI Campus Center Cube Terrace.

Saturday’s events will include facility tours of the School of Health and Rehabilitation Science and the Ruth Lilly Health Education Center; as well as numerous independent department reunion events that are currently in the planning stage. The evening reception and dinner events will begin at 5pm and features Michael Weisskopf, author of “Blood Brothers: Among the Soldiers of Ward 57,” who will speak about his experiences and recovery from an insurgent attack in Iraq.

Sharon Holland with the Alumni Office is coordinating the weekend’s events and is mailing reunion brochures and materials to all alumni. Her office has also created a weblink about the reunion on their website at www.alumni.iupui.edu.
Make a difference!

Each year as educational costs continue to skyrocket at astounding rates, 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. Look for the Give Now button at our website. Thank you!

Contributions can 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

The IU group (front row, l-r: Warden, Strunk, Loghmani, Bayliss) enjoying their time at the 2008 CSM with Bloomington area clinicians.

IU Physical Therapy
50 Year Celebration!

All alumni are invited to the 50 Year Celebration of the Physical Therapy and Occupational Therapy programs at Indiana University. The reunion will be held during the School of Health & Rehabilitation Sciences Alumni Weekend, May 16-17, 2008. Please keep an eye out for event brochures in the mail. For more information, please contact Sharon Holland at shollan@iupui.edu, or 317-274-4555.