



# Physical Therapy Alumni Association

Summer 2014

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## President's Letter

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Dear Fellow Alumnus,

It is an honor to reach out to each of you in the annual Alumni Newsletter. Recently I have been afforded many chances to reflect on the significance of the Mayo Program in Physical Therapy. Opportunities to share old stories and memories, hear more of the storied history of our program, learn about new and exciting practices within our field and connect with students, faculty, staff and alumni. In addition, thinking through how those formative years while in PT school and in the Anatomy Lab have shaped my life as an individual and as a professional. I am very fortunate to have tremendous relationships with the Mayo Clinic Physical Therapy Alumni Association (MCPTAA), the current faculty, staff and students, fellow alumnus and, of course, my fellow classmates.

The MCPTAA Board is constantly reflecting on how to best meet the needs of all the stakeholders of the MCPTAA and would like to know what is important to you. Is it continuing education courses, alumni gatherings, networking opportunities, connecting with fellow classmates or the school or opportunities to give back to the profession and the school? Our main goal is to help make it easy for you to act upon your priorities whether they are to reconnect, build relationships or give back. A few of the opportunities we have developed and/or continued over the past couple years are highlighted below.

### Fall Gathering

We will be hosting the 2nd Annual Fall Gathering with current students, faculty and alumni this fall in conjunction with the Fall Course. The Fall Gathering is Friday, September 19, 2014 at Kutzky Park from 6-9 pm at Kutzky Park Shelter (near 13th Ave NW and 2nd St NW). The MCPTAA will host a barbecue with food and drink and an opportunity to connect with others. RSVP by September 10, 2014 ([hanson.bart@mayo.edu](mailto:hanson.bart@mayo.edu)) is required for attendance and the cost for attendance at the Fall Gathering is included with the Fall Course. If you are not attending the Fall Course and not a current PT student, there will be a \$5 charge per person attending the Fall Gathering. Please join us for this new tradition and time to connect.

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## Ambassador Program

The Ambassador Program was modeled after other successful alumni programs to recruit an Ambassador from each graduating class. The Ambassador serves as a liaison between the MCPTAA and their individual class. This provides improved communication between alumnus and the MCPTAA, which ultimately leads to greater ease in serving the needs of alums. If you are interested in serving as an Ambassador for your class, please contact me directly.

## Giving Back

For a program that set us each in an excellent trajectory for our professional and personal lives, we each share a unique appreciation for the Mayo Program in Physical Therapy. Sometimes, it is difficult to identify ways to repay that gratitude. A few options include:

- Serve as a Clinical Instructor for current Mayo PT students within your clinic – please contact Aaron Rindfleisch, PhD, PT at [rindfleisch.aaron@mayo.edu](mailto:rindfleisch.aaron@mayo.edu)
- Donate annually to the Mayo PT Alumni Fund to provide financial assistance for student scholarships, travel expenses to national and state conferences and a variety of other financial needs for the current students

- Join the Edith Graham Society, which honors MSHS Alumni who give or pledge \$1,000 or more to Mayo Clinic including the Mayo School of Health Sciences / PT School – please contact: Contact Robert Giere, director of Alumni Philanthropy, at 1-800-297-1185 or [rgiere@mayo.edu](mailto:rgiere@mayo.edu) or visit: <http://www.mayoclinic.org/development/>

Thank you very much for your commitment to our profession and our alumni association! Again, we would like to hear what is important to you and how the MCPTAA could best meet your needs. If you have any questions please do not hesitate to contact me directly via email or text.

Sincerely,

Julia Boysen, PT, DPT  
Class of 1989  
MCPTAA President  
[boysen.julia@mayo.edu](mailto:boysen.julia@mayo.edu)  
507-250-4809 (cell)

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## Vice President's Letter

### MCPTAA Recognition Awards

- Do you know someone deserving that has made a difference in the physical therapy profession in leadership, mentoring, research, education or practice?
- Do you know someone who has contributed to the student educational process? A person that has had an positive and impact on the student that will leave a lasting
- Did you know that we have had no nominations in the last few years?
- There are a large number of potential nominees for the Dale Shaffer Outstanding Alumnus award.
- Did you know Mayo Clinic School of Health Sciences has had an average of 30 physical therapy students per year graduate since 1939?

### Dale Shaffer Outstanding Alumnus

**Purpose:** This award has been established to honor a Mayo Clinic Physical Therapy Alumni for his/her outstanding contribution in the field of Physical Therapy.

**Eligibility:** Any graduate of the Mayo School of Physical Therapy

**Criteria:** The recipient will be any person who has made outstanding achievements or contributions to the profession of Physical Therapy. These contributions may include, but not limited to:

1. *Physical Therapy Practice:* Demonstrating service to the profession in patient care, consultation, administration, or as a liaison to other health care professions. (10 points)
2. *Research:* Contributing to the field of Physical Therapy via published research result. (10 points)

Please review the criteria below and consider nominating someone you feel deserves recognition!

3. *Education:* Improving the field of Physical Therapy by fostering the development of quality learning experiences by teaching in an academic, clinical, in-service setting or through development of new teaching methods. (10 points)
4. *Leadership:* As demonstrated in a Physical Therapy setting or any related organization. (10 points)
5. *Innovator:* Developing techniques or approaches to problems in Physical Therapy that are new and further the profession of Physical Therapy (10 points)
6. *Active Participation in the MCPTAA:* Being an active member of the MCPTAA through membership, volunteering assistance or serving on the executive board. (4 points)
7. *Community Service:* being active in service organizations, local, state or federal government on elected or voluntary basis. (3 points)
8. *Professional Organizations:* Being active in any professional organization, including the APTA or special interest groups. (3 points)

**Method of Nomination:** Nominees must be recommended by a current active Mayo Alumni. Nominations will be made on the form provided by the MCPTAA

**Selection Criteria:** The Executive Board of the MCPTAA will have the responsibility of evaluating the nominees and selecting a recipient of the award at the annual spring executive board meeting. The outstanding nominee must have 70% of the total points available, with only one award being presented per year. Awards are not necessary each year.

**Recognition:** The outstanding alumni will be recognized with a plaque at the Annual Fall Meeting, and will also receive free lodging and registration to the program. The recipient's name will be added to the Outstanding Alumni plaque located outside the Physical Therapy School.

### **MCPTAA Achievement Award**

**Purpose:** This award is established in order to recognize a current or former Mayo Clinic employee for his/her outstanding contribution to the educational experiences of students enrolled in the Mayo Program in Physical Therapy.

**Eligibility:** The award is intended to recognize individuals who are paraprofessionals and meet the following eligibility requirement:

- A minimum of 5 years of experience working with Mayo PT students during any of their various educational rotations at Mayo facilities in Rochester
- Criteria:** Recipients of this award will be recognized because of their contributions in one or more of the following areas:
1. Education: Assisting students in their academic experience such as but not limited to:
    - a. Admissions and Orientation to the PT program
    - b. Orientation to Mayo facilities
    - c. Health educational resource materials and facilities
    - d. Overall coordination & assistance with the student's schedules, information about financial aid, etc.
  2. Patient Care: Assisting students during their clinical rotations at Mayo facilities in Rochester such as but not limited to :
    - a. Orientation to specific clinical sites and facilities
    - b. Providing clinical education services
    - c. Assisting with and supporting the direct patient care of patients in the clinical setting
  3. Research: Assisting students with specific research-type projects or investigative efforts such as but not limited to:
    - a. Data Collection and analysis
    - b. Chart Review
    - c. Literature searches and review
    - d. Audiovisual preparation or presentation

**Method of Nomination:** Nominations will be accepted from any Mayo Clinic Physical Therapy Program alumnus or current student. Nomination forms will be made available through MCPTAA

**Selection Criteria:** The Executive Board of the MCPTAA will have the responsibility of evaluating the nominees and selecting a recipient of the award. Presentation of the award will occur at the Annual Fall Conference. Awards may not necessarily be given every year. Except under unusual circumstances, as determined by the Board of Directors, no more than one award will be presented in any given year.

**Recognition:** Recipients of the award will be presented with a commemorative pin and a \$100 cash award.

For further information please contact,  
 LeRae Scroggins  
 MCPTAA Vice President  
[almjomo58@yahoo.com](mailto:almjomo58@yahoo.com)

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## Alumni Fund Update

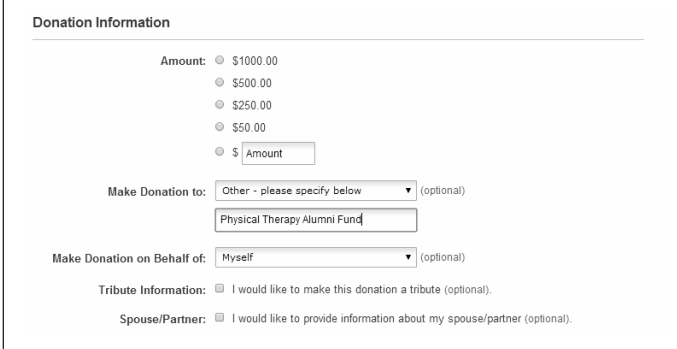
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Hello Fellow Alumni,

Do you feel that you missed the opportunity last year to financially support the MCPTAA Fund? Do you wish to continue to show support for the students enrolled in the Mayo DPT program? You are not alone! With the transition of new board members and changes within the development office, an appeal letter was not able to be created and sent in 2013. As a result, we have fallen behind a little, and still need your ongoing support. A letter was mailed recently requesting your assistance. Please consider donating to support our young professional students as they develop into our future colleagues. In addition, if you would like to support the Alumni Fund through electronic means, make a gift through the [philanthropy.mayoclinic.org](http://philanthropy.mayoclinic.org) website and indicate **MCPTAA** or the **Physical Therapy Alumni Fund** as the designation for your gift.

Please see the example below from the website to make sure your designation is applied to the appropriate fund. On behalf of the MCPTAA board and students, we thank you for your understanding and continued support!

Bryce Beckman, PT, DPT, Class of 2008  
Alumni Fund Director



The screenshot shows a web form titled "Donation Information". It includes several fields and options:

- Amount:** Radio buttons for \$1000.00, \$500.00, \$250.00, \$50.00, and a text input field labeled "\$ Amount".
- Make Donation to:** A dropdown menu currently showing "Other - please specify below" with "(optional)" next to it. Below it is a text input field containing "Physical Therapy Alumni Fund".
- Make Donation on Behalf of:** A dropdown menu currently showing "Myself" with "(optional)" next to it.
- Tribute Information:** A checkbox labeled "I would like to make this donation a tribute (optional)".
- Spouse/Partner:** A checkbox labeled "I would like to provide information about my spouse/partner (optional)".

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## Physical Therapy Program Update – Summer 2014

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### Program Accomplishments and Highlights

We are pleased to make you aware of some of our 2013-2014 accomplishments and highlights.

The Class of 2013 had a 96.4% first-time pass rate on the national licensure examination and their average score of 689 on the exam bettered the national average by 13 points. Graduates of the Program continue to maintain an ultimate pass rate of 100% on the exam, and that ultimate pass rate dates back to our first graduating class in 1939. Our graduate outcomes remain excellent, among the strongest of any physical therapy program in the nation. Over the past three consecutive years, our graduation rate exceeds 97%; the first-time pass rate on the licensure exam is 99% and the ultimate pass rate is 100%; and the job placement rate of our graduates is 100%. Very few programs nationwide can claim those outcomes.

Since our last update provided to you in June of 2013, several program faculty members were honored with awards, recognitions and appointments. **Nathan Hellyer** was the keynote speaker of the Scott Azuma Memorial Lecture at St. Catherine University's Physical Therapy Program Research Day in December, 2013. Two faculty members earned significant promotions in academic rank in 2014. **John Hollman** was promoted in academic rank to Professor of Physical Therapy in the Mayo Clinic College of Medicine. The rank of Professor is awarded to faculty who are recognized authorities of national or international stature who have achieved academic excellence, published scientific investigations that have contributed significantly to a field of study, been active in leading national or international scientific societies and provided distinguished service and leadership on administrative committees in the institution. John is the first physical therapist in

Mayo Clinic's history to earn the academic rank of Professor. **Dave Krause** was promoted in academic rank to Associate Professor of Physical Medicine & Rehabilitation in the Mayo Clinic College of Medicine. The rank of Associate Professor is awarded to faculty members who are acknowledged as having become an authority in some aspects of their discipline, have publications of merit and significance as senior author or principal collaborator, earned recognition as an effective educator and have contributed to institutional service. **Darren Calley** was promoted in academic rank to Assistant Professor of Physical Therapy. Other associated faculty members appointed to the rank of Instructor of Physical Therapy in 2013-2014 include **Bryce Beckman, Beth Cloud, Jim Hughes, Brad King, Katie King, Kate Lodermeier, Jane O Koren, Mary Pyfferoen, Jennifer Soland, Justin Vandenberg** and **Lyndsey Vandenberg**.

Faculty members authored or co-authored 9 peer-reviewed publications in the 2013-2014 academic year and have 8 additional papers "in press" to be published in 2014 or 2015. Many of the papers include graduates of the program as co-authors. Those works include:

- **Hollman JH**, Conner MN, Goodman KA, Kremer KH, Petkus MT, **Lanzino DJ**. Timed limb coordination performance is associated with walking speed in healthy older adults: a cross-sectional exploratory study. *Gait & Posture*. 2013;38:316-320.
- **Hollman JH**, Hohl JM, Kraft JL, Strauss JD, Traver KJ. Modulation of frontal-plane knee kinematics by hip-extensor strength and gluteus maximus recruitment during a jump-landing task in healthy women. *Journal of Sport Rehabilitation*. 2013;22:184-190.
- **Youdas JW, Krause DA, Hellyer NJ, Rindflesch AB, Hollman JH**. Use of individual feedback during human gross anatomy for enhancing professional behaviors in doctor of physical therapy students. *Anatomical Sciences Education*. 2013;6:324-331.
- McDade EM, Boot BP, Christianson TJH, Pankratz VS, Boeve BF, Ferman TJ, Bienik K, **Hollman JH**, Roberts RO, Mielke MM, Knopman DS, Petersen RC. Subtle gait changes in patients with REM sleep behavior disorder. *Movement Disorders*. 2013;28(13):1847-1853.
- Smith AM, **Krause DA**, Stuart MJ, Montelpare W, Sorenson M, Link A, Gaz DV, Twardowski CP, Larson DR. Skating crossovers on a motorized flywheel: An experimental design to test effect on speed and on crossovers. *Journal of Strength and Conditioning Research*. 2013;27(12):3412-3418.
- Harper CL, Shahgholi L, **Cieslak K, Hellyer NJ**, Strommen JA, Boon AJ. Variability in diaphragm motion during normal breathing, assessed with B-mode ultrasound. *Journal of Orthopaedic & Sports Physical Therapy*. 2013;43(12):927-931.
- **Youdas JW**, Adams KE, Bertucci JE, Brooks KJ, Nelson MM, Hollman JH. Muscle activation levels of the gluteus maximus and medius during standing hip joint strengthening exercises using elastic tubing resistance. *Journal of Sport Rehabilitation*. 2014;23(1):56-64.
- **Krause DA**, Neuger MD, Lambert KA, Johnson AE, DeVinny HA, **Hollman JH**. Effects of examiner strength on reliability of hip strength testing using a hand-held dynamometer. *Journal of Sport Rehabilitation*. 2014;23(1):56-64.
- **Hollman JH**, Galardi CM, Lin IH, Voth BC, Whitmarsh CL. Frontal and transverse plane hip kinematics and gluteus maximus recruitment correlate with frontal plane knee kinematics during single-leg squat tests in women. *Clinical Biomechanics*. 2014;29:468-474.
- Smith AM, Stuart MJ, Larson DR, Gaz DV, Twardowski CP, **Krause DA**, Benson BW. Examining computerized software reliability to measure individual exposure time. *Clinical Journal of Sport Medicine*. 2014; In Press.



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- **Hollman JH**, Beed KC, Buus RJ, Schleicher KL, **Lanzino DJ**. Does upper limb coordination predict walking speed in older adults? A cross-sectional study. *Journal of Geriatric Physical Therapy*. 2014; In Press.
  - Hellyer NJ, Folsom IA, Gaz DV, Kakuk AC, Mack J, VerMulm JA. Respiratory muscle activity during simultaneous stationary cycling and inspiratory muscle training. *Journal of Strength & Conditioning Research*. 2014; In Press.
  - Mai J, Stern D, **Hollman J**, Melzer B, Thiele A, Rosenthal R. Examining the impact of an integrated clinical experience (ICE) on interpersonal skills prior to the first, full-time clinical internship: Cool as ICE. *Journal of Physical Therapy Education*. 2014; In Press.
  - Madson TJ. Functional lower extremity deficits with sensory changes and quadriceps weakness in a 29-year-old female post labor and delivery: A case report and literature review of postpartum maternal lower extremity peripheral nerve injuries. *Journal of Women's Health Physical Therapy*. 2014; In Press.
  - Hake M, Glickman L, King B, **Hollman J**. Evaluating physical therapy students' clinical performance in acute care: a retrospective analysis comparing student-treated and staff-treated patient outcomes after total knee arthroplasty. *Journal of Physical Therapy Education*. 2014; In Press.
  - **Youdas JW**, Boor MM, Darfler AL, Koenig MK, Mills KM, **Hollman JH**. Surface electromyographic analysis of core trunk and hip muscles during selected rehabilitation exercises in the side-bridge to neutral spine position. *Sports Health*. 2014; In Press.
  - **Krause DA**, **Hollman JH**, Krych AJ, Levy BA. Reliability of hip internal rotation range of motion measurement using a digital inclinometer. *Knee Surgery, Sports Traumatology, Arthroscopy*. 2014; In Press.
- Program faculty also presented at a number of national or regional conferences and meetings in 2013-2014. Presentations included:
- **Youdas JW**, Krause DA, Hellyer NJ, Rindflesch AB, Hollman JH. Use of individual feedback during human gross anatomy for enhancing professional behaviors in doctor of physical therapy students. Presented at: *APTA Annual Conference & Exposition*, Salt Lake City, UT, June 2013.
  - **Lanzino DJ**. Neurologic outcome tools: so many measures, so little time. Presented at: *MNPTA Fall Conference*, Duluth, MN, November 2013.
  - **Rindflesch AB**. The way we work together: an interdisciplinary conversation about professionalism. Professionalism and Ethics Seminar Series, Program in Professionalism and Ethics. Mayo Clinic, Rochester, MN, November 2013.
  - **Hellyer N**. Respiratory muscle training: Just breathe, right? Scott Azuma Memorial Lecture, Doctor of Physical Therapy Program Research Day. St. Catherine University, Minneapolis, MN, December 6, 2013.
  - **Hellyer N**, Martin, Mathur, Ray, Reid, Smith. Making the case for respiratory muscle training [Session]. *APTA Combined Sections Meeting*, Las Vegas, NV, February 2014.
  - **Krause D**, Dueffert L, Walsh A, Postma J, Vogler E. Influence of body position on shoulder external rotation strengthening exercises. Presented at: *APTA Combined Sections Meeting*, Las Vegas, NV, February 2014.
  - **Lanzino D**, Evens J, Urness K, Hollman J. Gait speed correlates stronger with lower extremity coordination than strength in persons with Amyotrophic Lateral Sclerosis. Presented at: *APTA Combined Sections Meeting*, Las Vegas, NV, February 2014.

- **Lanzino D**, Sander E, Mansch B, Jones A, Gill M, Hollman J. Assessing life-space after spinal cord injury: test-retest reliability and influencing factors. Presented at: *APTA Combined Sections Meeting*, Las Vegas, NV, February 2014.
- Dunfee HJ, **Rindflesch AB**, Eischen S. Does one size fit all? Using collaborative models to deliver quality clinical education [Session]. *APTA Combined Sections Meeting*, Las Vegas, NV, February 2014.
- **Youdas J**, Boor M, Darfler A, Koenig M, Mills K, Hollman J. Surface electromyographic analysis of core trunk and hip muscles during selected rehabilitation exercises in the side-bridge to neutral spine position. Presented at: *APTA Combined Sections Meeting*, Las Vegas, NV, February 2014.

In addition to these accomplishments, we are also pleased to announce that clinical faculty in the Department of Physical Medicine & Rehabilitation and academic faculty in the Program in Physical Therapy partnered in the inaugural year of the Orthopaedic Physical Therapy Residency. The Orthopaedic Residency is a 12-month program designed to significantly advance the physical therapy resident's preparation as a provider of patient care services in orthopaedic clinical practice. **Heidi Dunfee** serves as the program director and **Darren Galley** serves as the residency program coordinator. Two residents are admitted to the program annually. The inaugural residency class included two graduates from the Program's Class of 2013, **Kady Adams** and **Aaron Hellem**. The residency program was very successful in its first year and is seeking credentialing from the American Board of Physical Therapy Residency and Fellowship Education Council of the American Physical Therapy Association.

## Student Recruitment Highlights

In August 2013 we enrolled a class of 28 highly qualified students who make up the Class of 2016. The enrolling class profile is as follows:

- 18 women and 10 men;
- Mean age of 23 years, range 21 to 36 years;
- Mean cumulative undergraduate grade point average of 3.77;
- Mean prerequisite grade point average of 3.71;
- Mean scores at the 66th and 66th percentiles, respectively, on the verbal and quantitative subscales of the GRE;
- 13 states of residence represented; 43% of students (12 of 28) from Minnesota.

Through two semesters, the class is performing at a very high level academically and, by the time you read this update, will be enjoying their first full-time clinical experiences.

## Graduation Highlights

2,498 students have graduated from our program since the inaugural class graduated in 1939. On May 23, 2014, we graduated 28 physical therapists, the 8th class to graduate from Mayo with the Doctor of Physical Therapy degree. Congratulations to the Class of 2014! We look forward to their professional accomplishments and to their contributions to the Alumni Association. **Aaron Rindflesch** gave the keynote address and **Lisa Martinez** gave the student address. The following graduates were recognized for awards that were presented at the 2014 commencement ceremony:

- **Bethany Mansch** received the MCPTAA Outstanding Clinician Award, selected by clinical faculty to recognize exceptional clinical performance by a graduating student.



*Bethany Mansch  
Outstanding  
Clinician Award*

- **Arynn Darfler** received the Richard L. Beers Award, which honors the graduating student who wrote the most outstanding scholarly paper.



*Arynn Darfler  
Beers Award*

- **Arynn Darfler and Mallory Boor** were co-recipients of the Gordon J. Branes Award, which honors the graduating student with outstanding academic achievement in the physical therapy curriculum.



*Arynn Darfler and Mallory Boor  
Branes Award*

- **Arynn Darfler and Lisa Martinez** were co-recipients of the Erik J. Aasen Award, which honors the graduating student who best embodies the spirit of Erik Aasen. Erik, a member of the class of 1995, was a dedicated student, compassionate humanitarian and selfless colleague who died tragically in a Thanksgiving holiday traffic accident in 1994.



*Arynn Darfler and Lisa Martinez  
Erik J. Aasen Award*

- **Ryan Buus** received the Minnesota Physical Therapy Association's Outstanding Student Award, which honors a graduating student who demonstrates strong academic performance, excellent clinical performance and professionalism.



*Ryan Buus  
MN APTA  
Outstanding Student  
Award*

## Keep in Touch

As we reflect back on the past year since our last update in the Alumni Association newsletter, we as a faculty appreciate many things that contribute to the quality of our program. We are fortunate that students who choose to come to Mayo for their education experience are talented and dedicated. Having students of such quality makes our jobs more fulfilling. We are fortunate to be part of a department in which many clinicians genuinely appreciate the opportunity to be involved with our students, in both didactic and clinical settings, which enables all of us to become better physical therapists. Without doubt, our students benefit from the close collaboration we have with our clinical colleagues. We are fortunate to have the support of the Mayo Clinical Physical Therapy Alumni Association. The MCPTAA board of directors, in particular, is comprised of dedicated individuals who take pride in the fact that they are Mayo graduates and who work diligently to support our program and, most importantly, our students. Last, for those who continue to support our students' scholarships and trips by contributing to the Alumni Association's Annual Fund, know that we appreciate your efforts. Every contribution, large or small, helps.

As always, we invite you to view our web site at <http://www.mayo.edu/mshs/careers/physical-therapy/physical-therapy-doctoral-program-minnesota>. We look forward to and encourage feedback from our alumni on how we can improve our program and the outcomes of our graduates. Please forward your feedback to [cooper.carol@mayo.edu](mailto:cooper.carol@mayo.edu) or call us at 507-284-2054.

Also, we always like to hear updates about where you are, about your personal and professional accomplishments. We encourage you to contact us, even if only to say "Hi!"

Thank you for your continued support of the Program and your dedication to the profession.

Warm Regards from Program Faculty

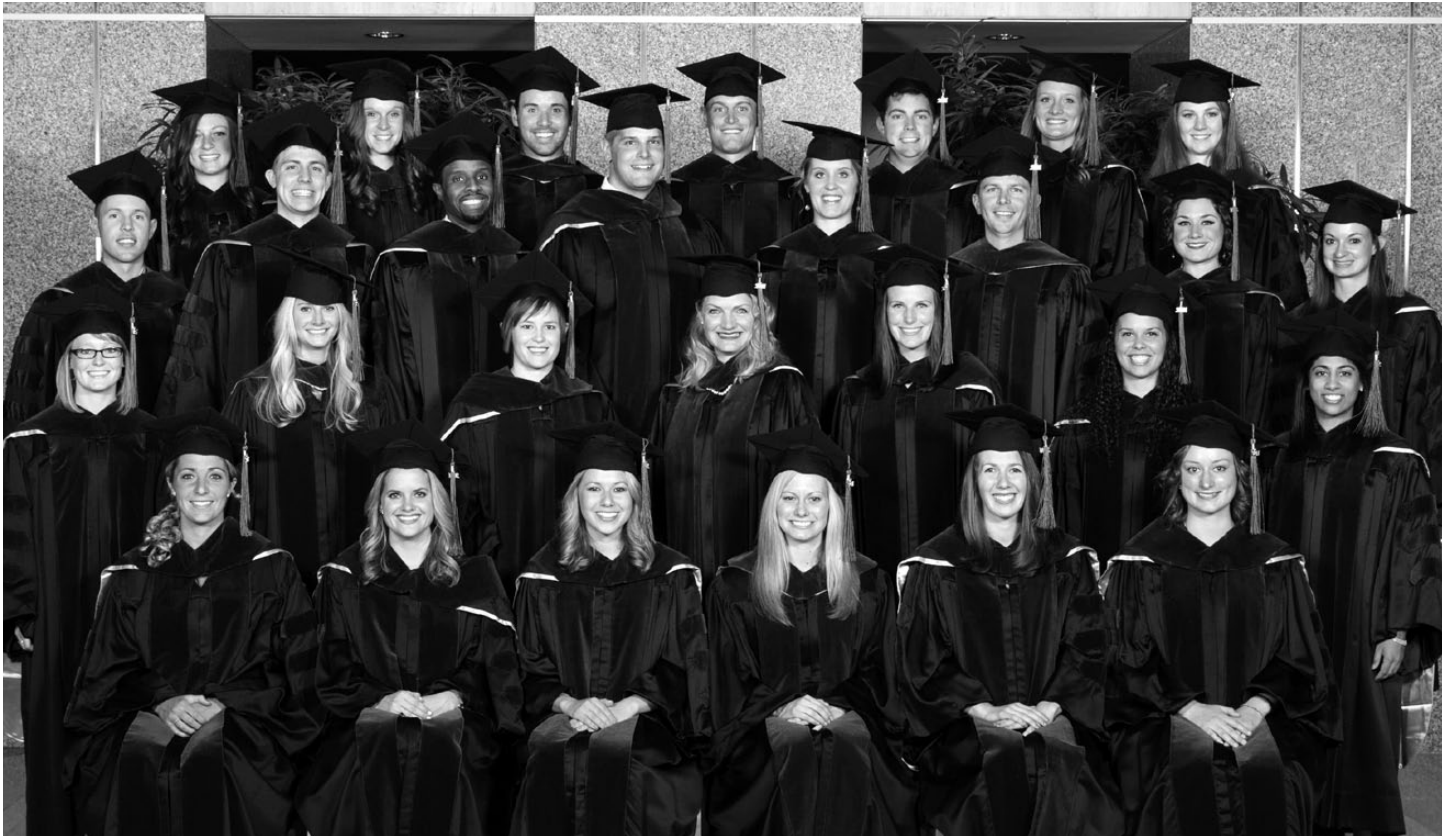
Congratulations to Bethany, Arynn, Mallory, Lisa and Ryan for their outstanding achievements in the Program in Physical Therapy!



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## Class of 2014

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Row 1: (bottom): Kenzie Schleicher, Amy Walsh, Jessica Myhre, Arynn Darfler, Christine Waldron, Margaret Koenig, Row 2: Mallory Boor, Elizabeth Sander, Katherine Beed, Lisa Martinez, Jessica Monthey, Ashley Jones, Risha Kotecha, Row 3: Matt Rollag, Eric Vogler, Jerome Crawford, Greg Bailen, Bethany Mansch, Ryan Buus, Stephanie Laut, Macailia Warner, Row 4: Kayla Urness, Janelle Evens, Darren Hackey, Adam Halseth, Lucas Dueffert, Jaclyn Postma, Katherine Mills

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## Lucia Dumitrascu Scholarship

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The MCPTAA, in conjunction with the generous support of Art Hamburg, offers an annual "Lucia Dumitrascu Scholarship" used for tuition for one third-year physical therapy student enrolled in the Mayo Clinic Program in Physical Therapy. This scholarship is for \$3500. The scholarship is awarded based on the following criteria:

- GPA of 3.5 or higher
- Professional association or community involvement
- Financial need

The recipient of the second annual scholarship is Andrew Bernstetter. Congratulations to Andrew on this great achievement. Mr. Hamburg's generosity towards the Program in Physical Therapy is greatly appreciated.



Andrew Bernstetter  
Lucia Dumitrascu  
Scholarship

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## Lifetime MCPTAA Membership

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Consider becoming a Life Member of the MCPTAA!

Criteria include:

1. 30 years since graduation
2. 15 years of work experience or retirement due to disability

3. 15 years of active membership in the alumni association- (need not be continuous)

*\*Active membership defined as years paid dues*

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## Continuing Education

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The MCPTAA is proud to offer high quality bi-annual courses. The MCPTAA board works hard to make sure these courses are of good value and applicable to high quality patient care. See below and save the date for the upcoming fall course.

### MCPTAA Fall Conference 2014

*Mayo Clinic Physical Therapy Alumni Association presents:*

#### **Beyond Rice and Beans- A Neuroscience Approach to Complex Regional Pain Syndrome**

#### **The Low Back is Having Brain Surgery- The Pain of Lumbar Surgery**

By Adriaan Louw, PT, PhD, CSMT

September 20-21, 2014

12.0 contact hours

#### **Course Description:**

#### **Saturday, September 20th**

This 8 hour lecture will feature various aspects of CRPS including differences between CRPS 1 and CRPS 2, clinical presentation and diagnosis, current epidemiological factors and risks associated with the development of CRPS. In 1996 the International Association on the Study of Pain renamed RSD. (Reflex Sympathetic Dystrophy) to Complex Regional Pain Syndrome. This debilitating, neuropathic pain is traditionally poorly understood and viewed as a difficult diagnoses to treat by physical therapists, occupational therapists and medical doctors. In the last 10 years, knowledge of CRPS has increased rapidly leading to new advances in physical therapy treatment. Now patients with CRPS can not only be managed, but treated effectively and returned to normal function. In addition the three main pathobiological processes currently thought to be the main issues with CRPS

will be discussed. These are aberrant inflammatory mechanisms, vasomotor issues and neuroplastic changes in response to CRPS. This class will feature an extensive treatment section based on the latest evidence for treating patients with CRPS. Included are graded motor imagery, sensory discrimination, graphesthesia and neuroscience education. Various examination and treatment techniques will be shown and practiced during lab sessions that will allow for immediate take home application of treatments. This class is a must for therapists working in a variety of clinical settings dealing with CRPS.

#### **Course Schedule:**

#### **September 20- 8:00am to 5:30pm**

- |             |  |
|-------------|--|
| 8:00-8:15   | Introduction and welcome (light breakfast provided)  |
| 8:15-9:00   | CRPS: Epidemiology, etiology and risk factors  |
| 9:00-9:30   | Inflammatory and vasomotor changes in CRPS   |
| 9:30-10:15  | Neuroplastic changes in CRPS   |
| 10:15-10:30 | Break (snack provided)   |
| 10:30-11:00 | Principles for testing the CRPS patient  |
| 11:00-12:00 | CRPS Tests: Sensory discrimination, two point discrimination, graphesthesia, laterality and more |
| 12:00-1:00  | Break (lunch provided)   |
| 1:00-1:15   | Best-Evidence Treatment summary  |
| 1:15-2:00   | Treatment: Neuroscience education for the CRPS patient   |
| 2:00-2:30   | Treatment: Restoring laterality in CRPS  |
| 2:30-3:00   | Treatment: Motor imagery for CRPS  |
| 3:00-3:15   | Break (snack provided)   |
| 3:15-3:30   | Treatment: The ins and outs of mirror boxes  |

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- 3:30-4:15 Treatment: Mirror boxes for CRPS  
4:15-5:00 Treatment: Sensory discrimination and graphesthesia for CRPS  
5:00-5:30 Case studies, summary and conclusion

**Course Description:**

**Sunday, September 21st**

This 4 hour lecture, takes a look at the ever-increasing number of patients having spinal surgery in the US. Outcome data indicates nearly 40% of patients have persistent pain and disability following lumbar surgery. Postoperative rehabilitation following lumbar surgery has shown little efficacy in decreasing postoperative pain and disability and it has been shown that patients are not readily sent to physical therapy after lumbar surgery. Preoperative education has shown some effect in altering anxiety, stress and fear associated with surgery. Recent research in non-surgical musculoskeletal pain has shown evidence for neuroscience education. Neuroscience education aims to help patients develop a greater understanding of their pain, the biology behind their pain and how pain is processed. A newly designed preoperative neuroscience education program by physical therapists has recently been developed and have not only shown immediate post-education improvements in psychometric measures, beliefs and expectations for surgery and physical movements, but also significant reduction of brain activity associated with painful tasks in patients scheduled for lumbar surgery. Additionally, the preoperative neuroscience education resulted in superior outcomes following surgery compared to patients receiving traditional surgeon-led education in regards to back pain, leg pain, fear, catastrophization, function and postoperative healthcare utilization. This session aims to introduce attendees to the development

of the preoperative neuroscience education session, the content, delivery methods and clinical application of such a program for lumbar surgery.

**September 21- 8:00am to 12:00pm**

8:00-12:00 The Low Back is Having Brain Surgery-  
The Pain of Lumbar Surgery

**Instructor Biography:**

Adriaan Louw, PT, PhD, CSMT  
Adriaan, co-founder and CEO of International Spine and Pain Institute (ISPI), earned both an undergraduate as well as a master's degree in research and spinal surgery rehabilitation from the University of Stellenbosch in Cape Town, South Africa. He is a guest lecturer/adjunct faculty at Rockhurst University, St. Ambrose University and the University of Las Vegas, Nevada. In addition, he maintains a clinical practice and is co-owner of The Ortho Spine and Pain Clinic in Story City, Iowa. Adriaan has been teaching postgraduate, spinal manual therapy and pain science classes throughout the US and internationally for 15 years. He is a Certified Spinal Manual Therapist through ISPI. In addition, Adriaan has presented at numerous national and international manual therapy, pain science and medical conferences and has authored and co-authored articles, books and book chapters related to spinal disorders and pain science. Recently, Adriaan completed his Ph.D. which centered on therapeutic neuroscience education and spinal disorders.

*Please refer to the Fall 2014 course brochure for details regarding registration, deadline/fees, accommodations, parking and location...etc.*

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## Save The Date

Keep your calendar open for the upcoming Spring 2015 MCPTAA conference to be held in April. Speaker and topic are pending.

Previous MCPTAA sponsored courses include:

**2013 Fall Course**

*Evaluation and Treatment of the Cervico-Thoracic Junction and Cervical Spine*

By Mark Bookhout

**2012 Fall Course**

*Update on Physical Therapy for Spinal Disorders*

By: Galen Danielson, PT, DPT, CSCS

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## MCPTAA Website

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Don't forget about the current MCPTAA website at <http://mcptaa.org>. The website is intended to help Mayo PT Alumni stay updated on the latest news and information. You can find information about upcoming MCPTAA sponsored courses, post and view class listings, PT school graduation information, find resumes, job openings, and referral locations.

Annual Membership Dues can be paid on the website by clicking the "Membership Dues" tab. After clicking this tab the website features the ability to use PayPal.

PayPal is a safe, secure, and speedy way to pay for all of your dues. Under this tab are also forms to print if you prefer to send your dues through the mail.

The PayPal feature is the preferred method to also pay for any Spring or Fall MCPTAA sponsored courses. We also invite you to update your current contact information. You can update your information by sending an email to [mayoalumni@mayo.edu](mailto:mayoalumni@mayo.edu), logging onto the Mayo School of Health Sciences Alumni Association website (listed below) or using the alumni update form at the end of this newsletter.

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## Mayo School of Health Sciences Alumni Website

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Another way to get connected is The Mayo School of Health Sciences (MSHS) Alumni Association. Mayo School of Health Sciences Alumni Association exists to build collegial relationships, improve life-long learning, enhance communication, and recognize excellence to benefit alumni and support the Mayo School of Health Sciences. The MSHS was established in 1998 to preserve excellence in the field of health sciences and to connect alumni with MSHS and Mayo Clinic in meaningful ways. By visiting <http://www.mayo.edu/mayo-school-of-health-sciences-alumni-association> any Mayo Physical Therapy Alumni can go and create a user name and password to gain access to the MSHS Alumni Association. At the MSHS Alumni Association website one can find a directory of past alumni

and current students of the Mayo School of Health Sciences. You can update your biographic information at the "Update my Profile link". You can go to the "Colleague Notes" section to share information about recent marriages, certifications, publications, special interests, and so on. The "Alumni Group" section has information provided by the program directors and specific alumni association officers. Here too is a photo gallery and calendar of events option. There is also an opportunity to get a permanent health sciences alumni e-mail address to make sure you do not miss any important alumni news. The website is protected by Mayo, so you know it can be trusted. Enjoy spending time exploring and learning about this cool site!

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## Stay Connected with Facebook

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Do you know that the MCPTAA has a Facebook page and a Facebook group? If you haven't been to the MCPTAA's Facebook page or group be sure to check them out! Browse the page and group to re-connect

with fellow alumni, learn about upcoming courses offered by the MCPTAA and see the latest news of the MCPTAA and the physical therapy program at Mayo. Be sure to "like" the page and join the group!



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## Alumni Updates

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Did you receive a special certification this year (OCS, NCS, etc), get married or welcome a new member to your family? The Alumni Update Section is a new portion of the newsletter to highlight special events and accomplishments of our alums. If you would like to have an update entered in next year's newsletter please submit the form at the end of this publication.

### Births:

Class of 2010

Scott and **Katie** (Davis) King welcomed a son, Caleb Everett, on 3/17/14

Kaleb and **Jessica** (Nokleby) Schwendemann welcomed a daughter, Elsa Stevia on 8/31/13.

### Marriages:

Class of 2010

Ryan and **Jennifer** (Schrack) Ziemer - August 31, 2013

Gary and **Beth** (Thicke) Hubbard - September 14, 2013

Nate and **Tiffany** (Jones) Asp - November 9, 2013

**Adam** (2011) and **Stephanie** (Nedved) Carlson - May 3, 2014

Alec and **Erin** (Moore) Schumacher- June 28, 2014

### Special Certification/Accomplishments:

Class of 2010

Tiffany (Jones) Asp - Orthopedic Clinical Specialist

Beth (Thicke) Hubbard (owner) hosted the grand opening of Achieve Health and Wellness on May 17, 2014 in Apple Valley, MN.

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## Hosting a Class Reunion

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Reconnecting with fellow classmates is a highlight of many alumni gatherings. If your class is ready for a reunion (Class of 1959, 1964, 1969, 1974, 1979, 1984, 1989, 1994, 1999, 2004, 2009, 2014) please contact us so we can help you create a reunion specific to your class needs.

Friday evening, tour of the Physical Therapy School, a celebration dinner, conversation, reminiscing and many laughs. Those attending voted to reunite in 2018 to celebrate the 45th. It is hoped that class members will "Save the Date".

### Class of 1973 40th Class Reunion

In September, fifteen members of the Class of 1973 met in Rochester in to celebrate 40 years since their graduation from the Mayo Clinic Program in Physical Therapy. The gathering was organized by class Ambassadors Randy Roesch and Kathy Benke. Reunion activities included the Alumni Social on



Front row L to R: Gloria Van Scharrel Kilpatrick, Pam Bearss Montgomery, Randy Roesch, Barb Schaecher, Tom Schaecher, Steve Wicks; Back Row: John Makovicka, Will Lambert, Kathy Melcher Benke, Bob Kilpatrick, Jim Haberman, Len Sokoloski, Steve Wicks, Linda Smith, Steve Rood  
\*Missing from picture-Neil Miller

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## Thank You

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Dear MCPTAA,

My name is Sarah Kemmerick and I am in my second year at the MSHS Physical Therapy Program. I just wanted to send an email thanking you and the entire MCPTAA for sponsoring my trip to the MN APTA Fall Conference in Duluth, Minnesota. It was an amazing event and I am so happy to have been given the privilege to attend. I would have not had the opportunity to go if it was not for your generosity!

*Thank you again and have a wonderful Monday!*

*Sarah A. Kemmerick, SPT*

Dear MCPTAA,

Thank you SO MUCH for sponsoring me to attend the Fall Conference in Duluth this past weekend! It truly was a wonderful and very educational experience for me. While at the conference, I attended sessions on neurological outcome tools, PT-MD interdisciplinary approach to patients, and ethical documentation. All three lectures were very well done and beneficial to those attending. I appreciated having the opportunity to make this trip and enjoyed the experience thoroughly! Thank you for making this trip possible for me and for allowing me to have a very memorable weekend at the Fall Conference in Duluth!

*Sincerely,*

*Janelle Van Otterloo*

**Don't forget to  
renew your  
membership.  
Please fill out the  
reverse side with  
your updated  
information.**

*Please take time to let  
your classmates know  
what you are doing! If  
you would prefer, you  
may submit this info  
electronically on the  
association website:  
[www.mcptaa.org](http://www.mcptaa.org)*

### **Membership Dues Form**

Enclosed is \$20 made payable to MCPTAA to make me an active member for 2014 (Expiring 12/31/2014).

*You may pre-pay for 2015. Dues are tax deductible.*

Year of Graduation \_\_\_\_\_

Name \_\_\_\_\_  
(first name) (last name) (maiden name) (former/previous name)

Address \_\_\_\_\_  
\_\_\_\_\_

E-Mail \_\_\_\_\_

Is this address new? Yes No

Please send me a record of the dues I've paid since graduation. Yes No

### **Alumni Update**

Current Employer \_\_\_\_\_

Recent Research/Courses Taught

Address \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_

Position Held \_\_\_\_\_

\_\_\_\_\_

Type of Practice \_\_\_\_\_

\_\_\_\_\_

How Long? \_\_\_\_\_

Marriages/Births \_\_\_\_\_

Recent Awards/Accomplishments  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please mail this form along with payment to:  
Beth Hubbard  
20624 Fruitwood Path  
Lakeville, MI 55044**

Mayo Clinic Physical Therapy Alumni Association  
Siebens 9 Alumni Center  
Mayo Clinic  
200 First Street SW  
Rochester, MN 55905

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