



# Physical Therapy Alumni Association

Summer 2015

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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. Over the past year, there have been many excellent opportunities for our alumni association to improve our outreach abilities to all of you. We will have a new website soon and this will be hosted by the Mayo Clinic Alumni Association. This will allow you to not only learn what is happening with your classmates, but also other alumnus of Mayo Clinic as well as current offerings at Mayo Clinic. I feel very blessed 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 we 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.

### Facebook

Social media is a great way to stay connected! Make sure you check out our Facebook page and "like" us! You can search for it by name **Mayo Clinic Physical Therapy Alumni Association** or link <https://www.facebook.com/pages/Mayo-Clinic-Physical-Therapy-Alumni-Association/148733695214148?pnref=lhc>

### Fall Gathering- Save the Date!

We will be hosting the 3rd annual Fall Gathering with current students, faculty and alumni this fall in conjunction with the Fall Course. The Fall Gathering is Friday September 25, 2015 at Kutzky Park. The MCPTAA

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will host the barbecue with food and drink. This is a fantastic opportunity to connect with others alumni, classmates, faculty and students. We will send out more details closer to the date.

### **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 Rindflesch, PhD, PT at [rindflesch.aaron@mayo.edu](mailto:rindflesch.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 Laura Gilliland at [Gilliland.Laura@mayo.edu](mailto:Gilliland.Laura@mayo.edu), or 855-852-8129 (toll-free) or visit: <http://www.mayoclinic.org/giving-to-mayo-clinic/ways-to-give/alumni-giving>. If giving via the web site, be sure to include MCPTAA Alumni Fund as the designated receiver if so intended.

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 can 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?

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

#### **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)
3. *Education*: Improving the field of Physical Therapy by fostering the development of quality learning experiences by teaching in an academic, clinical, inservice 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.

B 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

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## Alumni Fund Update

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Hello Fellow Alumni,

The MCPTAA continues to support the students in the DPT Program through our funding of activities including:

- Sending two students to CSM
- Sending three students to the MN APTA spring and fall conferences
- Sending two students to the APTA student conclave
- Provide compensation for a 2nd year tutor in the anatomy lab
- Provide fund assistance for registration in extracurricular teams
- Provide one time gift awards to three students at graduation.

These are only made possible through the continued support and contributions by our alumni. I would like to encourage you to continue to contribute to the success of our future colleagues and leaders. Please look for changes in the future regarding ability to contribute online through the Alumni Center website. Thank you from our Students and MCPTAA Board!

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

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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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## Physical Therapy Program Update – Summer 2015

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### Program Accomplishments and Highlights

We are pleased to make you aware of some of our 2014-2015 accomplishments and highlights.

The Class of 2014 had a 100% first-time pass rate on the national licensure examination and their average score of 718 on the exam exceeded the national average by over 40 points. As a comparison, a score of 600 represents the minimum passing score. The class's average score of 718 on the licensure exam was the highest of any average score in the history of

our Program. 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, the graduation rate of students enrolled in our program has been 100%; 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.

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Since our last update provided to you in June of 2014, several program faculty members were honored with recognitions or elected to offices. **Aaron Rindflesch, PT, PhD, NCS** was selected to participate in the Education Science Career Development program in 2015. The program offered through Mayo Clinic's Office of Applied Scholarship and Education Science (OASES) supports faculty development for Mayo Clinic faculty pursuing education research as a significant component of their careers. The program provides education, training and mentorship in innovative education research methods to advance the scholarly activity and careers of Mayo Clinic physician and allied health educators, increase the value of Mayo's education programs and contribute to the science of education. **David Krause, PT, DSc, OCS** completed his second term of service as a delegate of the Minnesota Physical Therapy Association (MNPTA) to the APTA's House of Delegates, which met prior to the NEXT Conference & Exhibition in National Harbor, MD, in June, 2015. **John Hollman, PT, PhD** was elected by MNPTA members to serve as a delegate beginning in 2016.

Faculty members authored or co-authored 15 peer-reviewed publications in the 2014-2015 academic year and have 7 additional papers "in press" to be published in 2015 or 2016. Many of the papers include graduates of the program as co-authors. Those works include:

- **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;37:106-115.
- Lambert KA, Teece D, **Hollman JH**. Quadriceps strengthening for anterior knee pain in a 16-year-old male with type I osteogenesis imperfecta: A case report. *Orthopaedic Physical Therapy Practice*. 2014;26(3):156-162.
- Smith AM, Stuart MJ, Larson D, Gaz D, Twardowski C, **Krause D**, Benson B. Examining computerized software reliability to measure individual exposure time. *Clinical Journal of Sport Medicine*. 2014;24(4):351-354.
- **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;6(5):416-421.
- Mai JA, Stern DF, **Hollman JH**, Melzer BA, Thiele AK, Rosenthal RS. 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;28(3):81-97.
- **Krause DA**, **Hollman JH**, Pawlina W, Newcomer KL. Interprofessional education: collaboration or competition? A tale of two experiences. *Current Sports Medicine Reports*. 2014;13(5):291-292.
- **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;38(1):11-18.
- Vandenberg JM, George DR, O'Leary AJ, Olson LC, Strassburg KR, **Hollman JH**. The modified gait abnormality rating scale in patients with a conversion disorder: A reliability and responsiveness study. *Gait & Posture*. 2015;41(1):125-129.
- **Krause DA**, Boyd MS, Hager AN, Smoyer EC, Thompson AT, **Hollman JH**. Reliability and accuracy of a goniometer tablet computer application for video measurement of the functional movement screen deep squat test. *International Journal of Sports Physical Therapy*. 2015;10(1):37-44.
- Smith AM, Stuart MJ, Dodick DW, Roberts WO, Alford PW, Ashare AB, Aubrey M, Benson BW, Burke CJ, Dick R, Eickhoff C, Emery CA, Flashman LA, Gaz DV, Giza CC, Greenwald RM, Herring SA, Hoshizaki TB, Hudziak JJ, Huston J 3rd, **Krause D**, LaVoi N, Leaf M, Leddy JJ, MacPherson A,



- McKee AC, Mihalik JP, Moessner AM, Montelpare WJ, Putukian M, Schneider KJ, Szalkowski R, Tabrum M, Whitehead JR, Wiese-Bjornstal DM. Ice hockey summit II: Zero tolerance for head hits and fighting. *Curr Sports Med Rep.* 2015;14(2):135-144.
- Seidi F, Minoonejad H, **Youdas JW**. Using a spine stabilizer instrument to control postural sway in standing lumbar curvature measurements by flexible curve. *Journal of Back and Musculoskeletal Rehabilitation.* 2015;28(2):311-316.
  - Loyd AM, Berglund L, Twardowski CP, Stuart MB, Smith AM, Gaz DV, **Krause DA**, An KN, Stuart MJ. The most cut-resistant neck guard for preventing lacerations to the neck. *Clinical Journal of Sport Medicine.* 2015;25(3):254-259.
  - Hake MP, Glickman LB, King BA, **Hollman JH**. 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.* 2015;25(2):32-42.
  - Yemm B, **Krause DA**. Management of a patient with patellofemoral pain syndrome using neuromuscular training in decreasing medial collapse: A case report. *Physiotherapy Theory & Practice.* 2015;31(3):221-229.
  - Klappa SG, **Hellyer NJ**. Service learning in Honduras: Rehabilitation student perspectives on international interprofessional collaboration. *International Journal of Health, Wellness and Society.* 2015;4(3-4):1-15.
  - **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.
  - **Krause DA, Hollman JH**, Krych AJ, Kalisvaart MM, Levy BA. Reliability of hip internal rotation range of motion measurement using a digital inclinometer. *Knee Surgery, Sports Traumatology, Arthroscopy.* 2015; In Press.
  - **Youdas JW**, Adams KE, Bertucci JE, Brooks KJ, Steiner MM, **Hollman JH**. Magnitudes of gluteus medius muscle activation during standing hip joint movements in spiral-diagonal patterns using elastic tubing resistance. *Physiotherapy Theory & Practice.* 2015; In Press.
  - **Youdas JW**, Hartman JP, Murphy BA, Rundle AM, Ugorowski JM, **Hollman JH**. Magnitudes of muscle activation of spine stabilizers, gluteals and hamstrings during supine bridge to neutral position. *Physiotherapy Theory & Practice.* 2015; In Press.
  - Finnoff JT, Bond JR, Collins MS, Sellon JS, **Hollman JH**, Wempe MK, Smith J. Variability of the ischiofemoral space relative to femur position: An ultrasound study. *PM&R.* 2015; In Press.
  - Madson TJ, **Hollman JH**. Lumbar traction for managing low back pain: A survey of physical therapists in the United States. *Journal of Orthopaedic & Sports Physical Therapy.* 2015; In Press.
  - Sytsma TT, Haller EP, **Youdas JW, Krause DA, Hellyer NJ**, Pawlina W, Lachman N. Long-term effect of a short interprofessional education interaction between medical and physical therapy students. *Anatomical Sciences Education.* 2015; In Press.
- Program faculty also presented at a number of national or regional conferences and meetings in 2014-2015. Presentations included:
- **Youdas JW**. Comparison of range of motion restriction and craniofacial tissue interface pressure in 2 adjustable and 2 standard collars. Presented at: *APTA NEXT Conference & Exposition*, Charlotte, NC, June 2014.
  - **Hellyer NJ**. Ultrasound image assessment of diaphragm contraction during upper extremity loading. Presented at: *ACSM Conference on Integrative Physiology of Exercise*, Miami, FL, September 2014.
  - **Lanzino DJ**. Correlating neuroanatomy with patient presentation and the neurologic exam. Presented at: *Mayo Clinic*, Rochester, MN, October 2014.

- **Hollman JH.** The modified gait abnormality rating scale in patients with a conversion disorder: A reliability and responsiveness study. Presented at: *ACRM 91st Annual Conference*, Toronto, ON, Canada, October 2014.
- **Rindflesch AB.** APTA Clinical Instructor Education Program (CIEP) Basic Credentialing Course. Presented at: *Mayo Clinic*, Rochester, MN, November 2014.
- **Krause DA.** Reliability and accuracy of a goniometer computer app for video measurement of the functional movement screen deep squat test. Presented at: *APTA Combined Sections Meeting*, Indianapolis, IN, February 2015.
- **Lanzino D.** Time to wheelchair use in persons with amyotrophic lateral sclerosis: Pre-diagnosis falls and onset-type as influencing factors. Presented at: *APTA Combined Sections Meeting*, Indianapolis, IN, February 2015.
- **Youdas JW.** Magnitudes of muscle activation of spine stabilizers, gluteals and hamstrings during supine bridge to neutral. Presented at: *APTA Combined Sections Meeting*, Indianapolis, IN, February 2015.
- **Youdas JW.** Magnitudes of muscle activation of gluteus maximus and hamstrings during normal (grade 5) supine hip extension manual muscle test. Presented at: *APTA NEXT Conference & Exposition*, National Harbor, MD, June 2015.

## Welcome to New Faculty Member

In addition to the faculty accomplishments highlighted above, we are also pleased to announce the addition of **Darren Calley, PT, DSc, OCS** to the core faculty beginning in August of 2015. Darren earned his BS degree from Idaho State University, his MPT from the Mayo School of Health Sciences in 1996 and his DSc degree from the University of Maryland, Baltimore, in 2009. He is an orthopaedic certified specialist (OCS) through the American Board of Physical Therapy Specialties and as a scholar has contributed to four publications in the orthopaedic physical therapy and clinical education literature. He is a long time employee of Mayo Clinic's Physical Medicine & Rehabilitation Department and served as the out-

patient clinical education coordinator at East-10 and subsequently Mayo-14 from 2005-2015. As an assistant professor of physical therapy, he has contributed to the PT Program in various capacities for a number of years and is now formally joining the core PT faculty in a part-time role. He will also maintain a clinical role and continue to serve as the physical therapy orthopaedic residency coordinator. We look forward to Darren's continued academic contributions.

## Student Activities

How fast could you "Climb the Clinic?" In January of 2015, several of our physical therapy students participated in the Mayo Fellows' Association "Climb the Clinic" fundraising activity to support the Neurological Recovery House, a hospitality house designed to serve patients with neurological injuries and disorders and their families. Participants climbed a total of 1,345 stairs (822 feet) in each of four of Mayo Clinic's buildings (Mayo, Plummer, Siebens and Stabile Buildings) from the subway level to the top floor. PT Class of 2017 students **Kelin Dunfee** and **Ellen Crum** were the men's and women's winners, respectively.

Advocated lately? Two of our students, Jonathan Taves from the PT Class of 2016 and **Megan McCarthy** from the PT Class of 2017, participated in PT Day on Capitol Hill on June 4, 2015. Jonathan was selected as a student representative from the Orthopaedic Section of the APTA and Megan was selected as a student representative from the Minnesota Chapter to participate. They joined over 1,000 PTs, PTAs and students who fanned out across the halls of Congress to advocate for our patients and for our profession.

## Student Recruitment Highlights

In August 2014 we enrolled a class of 28 highly qualified students who make up the Class of 2017. The enrolling class profile is as follows:

- 19 women and 9 men;
- Mean age of 24 years, range 20 to 39 years;
- Mean cumulative undergraduate grade point average of 3.69;
- Mean prerequisite grade point average of 3.68;
- Mean scores at the 70th and 67th percentiles, respectively, on the verbal and quantitative subscales of the GRE;
- 10 states of residence represented; 57% of students (16 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.

### 2015 Graduation Highlights

2,526 students have graduated from our program since the inaugural class graduated in 1939. On May 22, 2015, we graduated 28 physical therapists, the 9th class to graduate from Mayo with the Doctor of Physical Therapy degree. Congratulations to the Class of 2015! We look forward to their professional accomplishments and to their contributions to the Alumni Association.

**Dave Krause** gave the keynote address and **Brooke Murphy** gave the student address. The following graduates were recognized for awards that were presented at the 2015 commencement ceremony:

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



*Outstanding Clinical Award:  
Brooke A. Murphy*

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



*Beers Award:  
Andrew S. Bernstetter*

- **Elizabeth Steiner** received the Gordon J. Branes Award, which honors the graduating student with outstanding academic achievement in the physical therapy curriculum.



*Branes Award:  
Elizabeth A. Steiner*

- **Ellissa Brandt** and **Jenna Ugorowski** 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.



*Erik Aasen Award:  
Ellissa K. Brandt – Co-Recipient  
Jenna M. Ugorowski – Co-Recipient*

- **Hilary Young** 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.



*MN PTA  
Outstanding Student:  
Hilary L. Young*

Congratulations to Brooke, Andrew, Elizabeth, Ellissa, Jenna and Hilary for their outstanding achievements in the Program in Physical Therapy!

### 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



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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!"

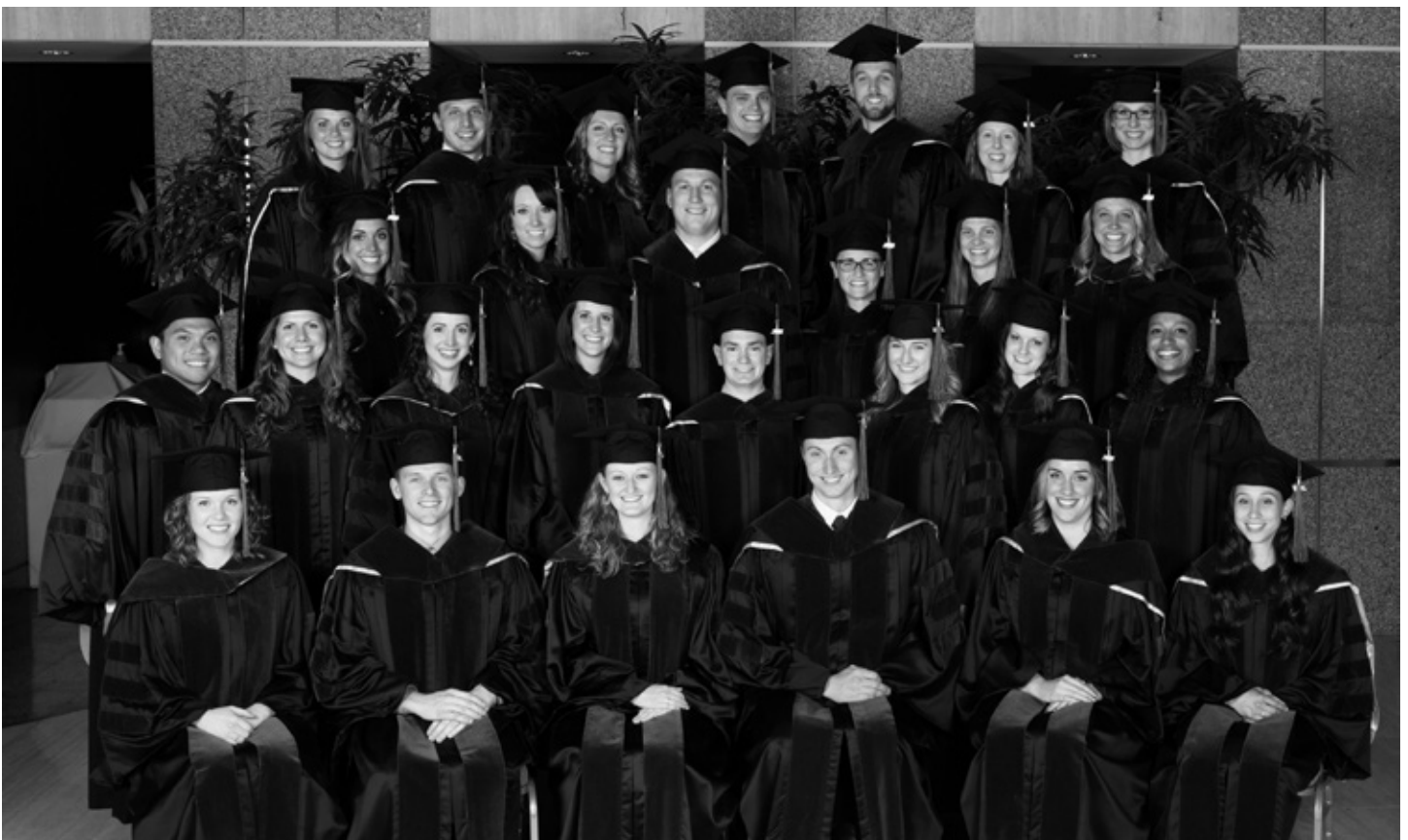
Thank you for your continued support of the Program and your dedication to the profession.

Warm Regards from Program Faculty

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## Class of 2015

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Row 1: (bottom): Ashley Rundle, Michael Boyd, Andrea O'Leary, Andrew Bernstetter, Allison Hager, Emily Asuncion, Row 2: Ray Lunasin, Sarah Kemmerick, Hilary Young, Kaitlyn Strassburg, Kevin Healy, Lindsay Olson, Michelle Pierson, Jessica Lane, Row 3: Jenna Ugorowski, Janelle Van Otterloo, Nicholas Andreas, Elizabeth Steiner, Ellissa Brandt, Kristi Simon, Row 4: Mallory Broderick, Gerad Donahue, Brooke Murphy, Anthony Thompson, Eric Smoyer, Sarah Sorensen, Deanna George

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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 **Kelli Buerman**. Congratulations to Andrew on this great achievement. Mr. Hamburg's generosity towards the Program in Physical Therapy is greatly appreciated.



*Kelli Buerman*

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## Continuing Education

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The MCPTAA continues to try and provide quality annual continuing education courses that are of interest to alumni. The MCPTAA board and program committee works hard to assure that these courses are of good value, evidence based, and applicable to high quality patient care. We are always seeking the names and contact information of quality speakers, and also topics of interest to our alumni. If you know of someone that would be interested in presenting for our organization, or have an area of interest you would like us to pursue please email a member of the MCPTAA board. Thank you

### MCPTAA Fall Conference 2015

Mayo Clinic Physical Therapy

Alumni Association presents:

*Neck Pain and Headaches*

Presented by Dave Wieber, LPT, ATR, MTC

September 26-27, 2015

11 contact hours

### Neck Pain and Headaches

#### Course Schedule

**September 26 – 8:00 a.m. to 5:00 p.m.**

Day 1 – (Breakfast provided)

8:00 – 8:15 intro and housekeeping

8:15 – 8:30 Pre-test

8:30 – 9:30 Anatomy of the Cervical Spine and upper thoracic spine

9:30 – 10:30 Evaluation and Mobilization techniques to the upper thoracic spine.

10:30 – 10:45 Break (snacks provided)

10:45 – 12:00 Continue on mobilization to the upper thoracic spine

12:00 – 1:00 Lunch (provided)

1:00 – 2:45 Evaluation to the Cervical Spine

2:45 – 3:00 Break (snacks provided)

3:00 – 4:45 Mechanical and Muscle Energy Treatment of the Cervical Spine

4:45 – 5:00 wrap up/questions

**September 27 – 8:00 a.m. to 12:30 p.m.**

Day 2 – (Breakfast provided)

8:00 – 8:30 Review of day 1

8:30 – 9:00 Trigger points and muscles that refer into the head.

9:00 – 10:00 Jaw and head pain.

10:00 – 10:15 Break

10:15 – 11:45 Put it all together.

11:45 – 12:00 Other considerations for headaches

12:00 – 12:30 Post-test and Adjourn

### Instructor Biography

**Dave Wieber, LPT, ATR, MTC**

Dave has practiced as a Physical Therapist for 28 years. He obtained his Certification in Manual Therapy in 1992 and his Athletic Training Certification in 1995. He is a 1987 graduate of the Mayo PT Program. He and his

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wife have owned a private practice in Faribault, MN since 1997. His main areas of practice are spine care and sports performance. Part of his work week is spent at St. Olaf College working with performing artists. His past experiences include owning a sports performance business in Minneapolis from 2001 to 2008 where he mainly worked with golfers. He is the former Director of the Center for Sports Medicine in Northfield, MN. He has taught on spine care and orthopedics for 20 years.

*Please look for the 2015 Fall 2015 course brochure for details regarding registration, deadlines and fees, accommodations, parking, location etc. . . . Thank you we hope to see many of you there.*

## MCPTAA Website

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The MCPTAA Board is excited to announce the original MCPTAA website is currently transitioning to an updated version within the MSHS Alumni Association website. This transition will allow for a

Previous MCPTAA sponsored courses include:

### **2014 Fall Course**

*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

### **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

## Mayo School of Health Sciences Alumni Association Website

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Another way to get connected is through the Mayo School of Health Sciences (MSHS) Alumni Association. The 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 Alumni Association 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. Recently the association launched a new website (<https://mshsalumni.mayo.edu/>) to improve communication and connection among the association members. On the site, Alumni can view news and information from Mayo Clinic and the Mayo School of Health Sciences, find upcoming association events and register online. Members also can claim

more streamline connection between the MCPTAA and MSHS. Please see the information below with all the updates and information regarding getting connected!

their alumni profile, indicate their privacy preferences, update current contact information, or use Colleague Notes to share updates with other alumni who are logged in to the site.

Alumni that have claimed their profiles can opt to have some of their information available to the public via the new directory on the website. The “Alumni Group” section will soon have information provided by program directors and specific program groups within the association, such as physical therapists, or CRNAs. 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. Take a few minutes to explore the site, and come back often for updates!

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## Facebook Group

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Stay connected with Social Media! The next time you log-in to Facebook, just type in “Mayo Clinic Physical Therapy Alumni Association” in search toolbar to access the group page. You can easily become a member of the group to re-connect with fellow alumni,

stay updated with news from the MCPTAA, learn what’s happening with the physical therapy program at Mayo Clinic, and learn about upcoming continuing education courses offered by the MCPTAA.

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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 (5 year, 10 year, 15 year, 20 year, etc.) please

contact us so we can help you create a reunion specific to your class needs.

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## Class of 2010- 5 year Reunion

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Attention to the class of 2010! Can you believe it’s already been 5 years since we graduated?! The class ambassadors of 2010 are planning a 5 year reunion to coincide with this year’s fall gathering and fall course. Please mark your calendars for Friday September 25th to reconnect with our classmates at the fall gathering that evening. Plans to go out for dinner/social hour following the course on Saturday the 26th are also in

the works. Further details to come soon, look forward to an email update and a Facebook Group page as the date nears, as well as the fall course brochure for more information regarding the fall gathering/course. For questions please contact Katie King, Beth Hubbard or Stephanie Carlson. We hope to see you all back in Rochester!!

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## Alumni Updates

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We 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 or using the alumni update form at the end of this newsletter.

Also, 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.



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## MCPTAA Board Member Opening

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*The MCPTAA Board currently has an opening for the position of Treasurer. Below is the job description as well as the general terms for board positions. If you are interested in running for the Treasurer position please contact Adam Carlson (membership and nominating committee) at amcski6@aol.com.*

### **Section 1: Definition**

The officers of the Association shall be a President, Vice-President, Secretary, and Treasurer. The Vice-President shall be the President-elect.

### **Section 2: Term**

The elected officers shall be active or life members of the Association. The officers of Secretary and Treasurer shall be elected on alternate years to a term of two years: the Treasurer on even years and the Secretary on odd. The President and Vice President will serve a term of two years. Election of the Vice President will be on odd years.

### **Section 3: Elections**

Officers shall be elected at the annual meeting from a slate prepared by the nominating committee. Any active or life member may add to the slate of nominees for any office with the approval of the nominee.

### **Section 4: Voting Rights**

Each active or life member shall be entitled to one vote.

### **Section 5: Voting**

Election shall be decided by a show of hands by a simple majority. All motions shall require a simple majority for passage, except Constitutional Amendments (see Article IX).

### **Section 6: Duties**

**Treasurer:** The Treasurer shall be responsible for all the funds of the Association. He shall receive and give receipts for all monies due and payable to the Association, and shall deposit all monies in the name of the Association in such bank or banks as shall be selected by the Executive Committee. He will keep record of Association membership. He shall be bonded. He shall prepare the semiannual financial report. He shall prepare the annual audit. He shall provide required financial reports to the MSHSAA. He shall perform other duties as may be assigned to him from time to time by the Executive Committee.



**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 2015 (Expiring 12/31/2015).

*You may pre-pay for 2016. 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 (please include date and name of spouse, if applicable) \_\_\_\_\_

Recent Awards/Accomplishments

\_\_\_\_\_

\_\_\_\_\_

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

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

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## MCPTAA Executive Board Members – 2014-2015

### **President**

Julia Boysen

### **Past President**

Bart Hanson

### **Vice President**

LeRae Scroggins

### **Treasurer**

Beth Hubbard

### **Secretary**

Brad Wehe

### **Alumni Fund**

Bryce Beckman

### **Nominating/Membership Committee**

Adam Carlson

### **Program Committee**

Rick Ness  
Katie King  
JoAnn Drake  
Katie Traver

### **Public Relations**

Chad Warner  
Stephanie Carlson

### **Bylaws Committee**

Joel Anderson

### **Physical Therapy School Liaisons**

John Hollman – Director  
Hilary Young – Class of 2015 President  
Kelli Buerman – Class of 2016 President  
Kelsie Miller – Class of 2017 President