



PHYSICAL THERAPY ALUMNI ASSOCIATION

Summer 2017

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President's Letter

In an effort to continue to work towards the goals I set for my presidency I would like to update the status of the goals set last year at this time.

1. Increase the percentage of alumni membership in the MCPTAA to 35% of total members living by 12/31/2017.
 - a. This goal has not shown much movement this year. In an effort to help our board to obtain this goal please email our membership chair with ideas on how to better communicate the value of a MCPTAA alumni membership, methods of payment and how to increase our membership. Currently over 60% of our membership is represented by students and life memberships.
2. Develop a succession and training plan for each board member office by April 2017.
 - a. This goal is in process and all job descriptions will be updated by board members by the fall 2017 meeting
3. Each board member will develop both semiannual and annual goals that will propel the MCPTAA into the future at the spring MCPTAA board meeting each year.
 - a. Many of the goals are ongoing but several new issues are being investigated for a endowed scholarship and investment options for the Mayo PT Alumni Association Foundation and additional CEU options
4. Assure that there are diversified investment plans that offer a secure source of funding for future MCPTAA offerings by 12/31/16.
 - a. Goal has been met and an annual review with Edward Jones will continue with the presiding President, Treasurer and the Vice President
5. Continually provide resources for class reunions, member mentorship and networking/social interactions to foster a personal connection to the MCPTAA.
 - a. Currently the board is trying to fill vacant positions for Ambassadors for each graduating class to help promote simulation of information and expedite requests for socialization activities

6. Facilitate options for the annual CEU meeting, online CEU's and education opportunities that can be accomplished more frequently than annually with options to reduce the financial impact on participants by Spring 2017 board meeting.
 - a. Discussion of the proposed next 2 fall programs occurred and suggested investigating platforms or developing relationships with other CEU providers for possible collaboration in the form of discounts etc.

We have an excellent group of very highly motivated and knowledgeable board members who are working very hard to make the MCPTAA a progressive entity with an emphasis on providing services that are valued by our members. Please feel free to email me with any suggestions, questions or concerns at almjomo58@yahoo.com

Thank you for the opportunity to serve!
LeRae (Wallace)(Miller) Scroggins, PT, MBA (1982)

Vice President's Letter

Dear fellow alumnus,

It's hard to believe that we're already half way through our 2017 year! We hope that you have been having a great 2017 so far and that the rest of the year continues to follow suit! We also hope that as your year continues that you will think about giving back to an institution that made such an impact on your life. Please consider taking advantage of the many opportunities to stay connected. Some of those opportunities include:

- Active membership – only \$20 annually! This cost of membership has not increased in over 20 years!
- Dale Schaeffer Award – please nominate a fellow alumnus to honor his/her outstanding contribution in the field of Physical Therapy
- MCPTAA Achievement Award – please nominate 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

- Attend the MCPTAA sponsored conferences
- Join us at the annual fall gathering where you can meet with current students and MCPTAA members. Use this gathering as an opportunity to meet your classmates!
- Contribute financially to the alumni fund
- Utilize the Web site: <https://mshsalumni.mayo.edu/>
- See the latest updates on our Facebook page

We couldn't be happier to have you apart of the MCPTAA! Never hesitate to ask questions to anyone on the board and feel free to provide comments or suggestions so we can continue to help the students of the Mayo Clinic Physical Therapy Program strive and succeed! Thank you!!

Sincerely,
Adam Carlson, PT, DPT
Class of 2011
Amcski6@aol.com

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, 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.

10 year history of Dale Shaffer Outstanding Award winners:

- 2007: Denise Kinlaw ('72)
2008: Reva Rauk
2009: Nancy Erickson
2011: Kathy Cieslak

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.

10 year history of MCPTAA Achievement Award winners:

2007: Todd Olendieck

2011: Deann Horsman and Carol Cooper

For further information please contact,
Adam Carlson

Alumni Fund Update

Greetings Fellow Alumni,

Have you ever thought how great it would be to have enough money to create a scholarship for Mayo DPT students? Then you realize that it takes a great deal of money, right? **The MCPTAA Board plans to create an endowment fund that will be used for a sustainable scholarship.** Please [keep your eyes open](#) for more information regarding this great opportunity to be able to support Mayo DPT students for years to come. Moving forward you will be able to provide contributions that will help sustain these scholarship opportunities, as well as contribute to the DPT program general fund. With help from all of you, we will be able to make this happen! But we cannot do this without your help.

Heraclitus is quoted as saying “The only thing that is constant is CHANGE”. As we live in society today, one must accept that change is inevitable. The MCPTAA is not immune to change, but we are able to adjust to change. We will be transitioning away from paper mailings and you will now be encouraged to make contributions online through the Mayo Development Webpage.

- Go to <https://philanthropy.mayoclinic.org/donateMC>
- Select the amount you wish to contribute
- Under Designation select “other- please specify below”
- In “Additional Information” and “Other designation”
- List: Mayo Clinic Physical Therapy Alumni Association in the designation box

We have included a mailing envelop in this letter, if you wish to contribute by mail one more time.

On behalf of the MCPTAA, I would like to thank you for your continuing financial support! We continue to provide funds to Mayo DPT students in the following ways:

- Providing cutting-edge equipment and technology to optimize student education.
- Allowing more students to learn about new developments in our discipline at sponsored conferences by the American Physical Therapy Association, such as Combined Sections Meetings, MNPTA Conference, and National Student Conclaves.
- Funding scholarships to help offset the cost of student tuition and individual tutoring expenses.
- Promoting community engagement.

Sincerely,
Bryce Beckman, PT, DPT, NCS
MCPTAA Alumni Fund Chair

Donation Information

Amount: \$1000.00

\$500.00

\$250.00

\$50.00

\$

Make Donation to: (optional)

Make Donation on Behalf of: (optional)

Tribute Information: I would like to make this donation a tribute (optional).

Spouse/Partner: I would like to provide information about my spouse/partner (optional).

Physical Therapy Program Update – Summer 2017

New Name, Same Mission

In 2016, Mayo Clinic's Board of Governors approved a rebranding of Mayo Clinic's college and the five schools that comprise the college. Several considerations went into the decision-making process of rebranding the college and schools. First, the Mayo Clinic name is recognized for excellence. The Board of Governors believed that strong brand name needed to be conveyed across all schools that comprise the college. Second, they believed it was important that the name of the college reflected not only medical education, but also the excellent scientific research

and health sciences training that occur in the schools. Third, rebranding the college and schools provided an opportunity to align Mayo Clinic's naming conventions with competitive academic medicine standards. The Mayo Clinic College of Medicine and Science denotes the overarching organizational structure of the five schools under the Education shield. The Program in Physical Therapy is housed within the Mayo Clinic School of Health Sciences. A summary of the college and school name changes follows.

Previous Name	New Name
Mayo Clinic College of Medicine	Mayo Clinic College of Medicine and Science
<ul style="list-style-type: none"> Mayo Medical School 	<ul style="list-style-type: none"> Mayo Clinic School of Medicine
<ul style="list-style-type: none"> Mayo Graduate School 	<ul style="list-style-type: none"> Mayo Clinic Graduate School of Biomedical Sciences
<ul style="list-style-type: none"> Mayo School of Health Sciences 	<ul style="list-style-type: none"> Mayo Clinic School of Health Sciences
<ul style="list-style-type: none"> Mayo School of Graduate Medical Education 	<ul style="list-style-type: none"> Mayo Clinic School of Graduate Medical Education
<ul style="list-style-type: none"> Mayo School of Continuous Professional Development 	<ul style="list-style-type: none"> Mayo Clinic School of Continuous Professional Development

While the college and school names have changed, the underlying mission and value propositions have not. The Mayo Clinic College of Medicine and Science continues to enable the highest quality patient care by discovering and

teaching tomorrow's medicine to healthcare and biomedical research professionals through life-long learning in a team-based environment.

Welcome to Beth Cloud, PT, DPT, PhD



As a Program, we achieved many accomplishments in the 2016-2017 academic year that are highlighted in this update. Among those accomplishments, perhaps the highlight was our fortune in hiring a new faculty member, **Dr. Beth Cloud**, who officially joined the Program as a core faculty member in December

2016. Dr. Cloud is likely familiar to many readers of this newsletter, as she has had strong ties to the Program for a number of years prior to joining the faculty. By way of background, Beth earned her BA with dual majors in Biology and Psychology from Augustana College in Rock Island, IL, in 2007. She then enrolled in our program, earning her DPT degree from the Mayo Clinic School of Health Sciences in 2010. After graduating from our program, she subsequently earned her Doctor of Philosophy (PhD) degree in Clinical and Translational Science from the Mayo Clinic Graduate School of Biomedical Sciences in 2015. After completing a postdoctoral research fellowship in Mayo Clinic's Rehabilitation Medicine Research Center under the mentorship of Kristin Zhao, PhD, she assumed a full-time core faculty position as an Educator in the Physical Therapy Program this past December. She holds the rank of Assistant Professor of Physical Therapy.

As a clinical and translational researcher, Dr. Cloud performs human movement research with an interdisciplinary team of engineers and clinicians. Her primary focus is studying the motion and forces used by individuals with spinal cord injury and other wheelchair-users when they perform daily tasks. She aims to understand what factors (movement

strategies, for example) are associated with pain or risk of pain in upper extremity joints. Her long term goal is to use this knowledge to inform clinical rehabilitation strategies and to help reduce the prevalence of pain, injury and associated disability in these individuals. In recognition of her early career work, she received a Promotion of Doctoral Studies II Scholarship through the Foundation for Physical Therapy in 2013-2014 and received the Academy of Spinal Cord Injury Professionals' Outstanding Trainee Research Award in 2016. *Dr. Cloud has published her work in Clinical Biomechanics, Frontiers in Bioengineering & Biotechnology, the Archives of Physical Medicine & Rehabilitation, Gait & Posture, the Journal of Neuroscience Methods, PLoS One and Anatomical Sciences Education.*

As an educator, Dr. Cloud has assumed or will be assuming course coordination duties for several courses in our curriculum, most notably PT 6100 Anatomy for Physical Therapists, PT 6210 Neuroscience I, PT 6350 Exam & Systems Review III and PT 6420 Management of Neuromuscular Conditions I. She is presently completing requirements for a certificate in an Anatomy Training Program co-sponsored by the American Association of Anatomists and the Anatomical Society out of the United Kingdom. Clinically, she was employed as a supplemental physical therapist for the Physical Medicine & Rehabilitation Department's neurorehabilitation unit (3 Mary Brigham unit at Mayo Clinic Hospital-Saint Marys Campus) while enrolled as a graduate student from 2010-2015 and will continue to provide patient care on the rehabilitation unit on a part-time basis.

We are excited that Dr. Cloud has joined our faculty and we look forward to her contributions for years to come. Welcome aboard, Dr. Cloud!

Program Accomplishments and Highlights

Beyond the addition of Dr. Cloud to our faculty, we are pleased to make you aware of some of our other 2016-2017 accomplishments and highlights.

From a student and graduate perspective, the graduating Class of 2016 had a 100% first-time pass rate on the national licensure examination and their average scaled score of 734.0 on the exam exceeded the national average by over 50 points. As a comparison, a score of 600 represents the minimum passing score. Moreover, while not all of our 2017 graduates have taken the licensure exam yet, 100% of those who completed the exam this past April passed the exam. 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 98.8%; and the job placement rate of our graduates is 100%. Very few programs nationwide can claim those outcomes.

From a programmatic perspective, our program was recognized by our peers nationally with a Top 20 ranking in the 2017 US News & World Report rankings of best graduate schools for physical therapy. Additionally, our faculty members continue to be academically productive. Since our last update provided to you in June of 2016, faculty members authored or co-authored 14 peer-reviewed publications in the 2016-2017 academic year and have 6 additional papers "in press" to be published in 2017 or 2018. Many of the papers include graduates of the program as co-authors. Those works include:

- Tescher AN, **Rindfleisch AB**, **Youdas JW**, Terman RW, Jacobson TM, Douglas LL, Miers AG, Austin CM, Delgado AM, Zins SM, Lahr BD, Pichelmann MA, Heller SF, Huddleston PM 3rd. Comparison of range-of-motion restriction and craniofacial tissue-interface pressure with 2 adjustable and 2 standard cervical collars. *Spine (Phila Pa 1976)*. 2016;41(6):E304-E312.
- **Youdas JW**, Keith J, Nonn D, Squires A, **Hollman JH**. Activation of spinal stabilizers and shoulder complex muscles during an inverted row using a portable pull-up device and body weight resistance. *Journal of Strength & Conditioning Research*. 2016;30(7):1933-1941.
- **Hollman JH**, Watkins MK, Imhoff AC, Braun CE, Akervik KA, Ness DK. Complexity, fractal dynamics and determinism in treadmill ambulation: Implications for clinical biomechanists. *Clinical Biomechanics*. 2016;37:91-97.
- **Lanzino DJ**, Sander EM, Mansch BA, Jones AD, Gill ML, **Hollman JH**. Life space assessment in spinal cord injury. *Topics in Spinal Cord Injury Rehabilitation*. 2016;22(3):173-182.
- Johnson AC, **Hollman JH**, Howe BJ, Finnoff JT. Variability of ischiofemoral space dimensions with changes in hip flexion: An MRI study. *Skeletal Radiology*. 2017;46:59-64.
- Savica R, Wennberg AM, **Hollman JH**, Knopman DS, Machulda MM, Petersen RC, Mielke MM. Comparison of gait parameters for predicting cognitive decline: The Mayo Clinic Study of Aging. *Journal of Alzheimer's Disease*. 2017;55(2):559-567.
- **Hellyer NJ**, Andreas NM, Bernstetter AS, Cieslak KR, Donahue GF, Steiner EA, **Hollman JH**, Boon AJ. Comparison of diaphragm thickness measurements in different postures via ultrasound imaging. *PM&R*. 2017;9(1):21-25.
- **Youdas JW**, Hartman JP, Murphy BA, Rundle AM, Ugorowski JM, **Hollman JH**. Electromyographic analysis of gluteus maximus and hamstring activity during the supine resisted hip extension exercise versus supine unilateral bridge to neutral. *Physiotherapy Theory & Practice*. 2017;33(2):124-130.
- **Krause DA**, Stuart MJ, Erickson LN, Hegeman JC, Herrera RM, Weiher HM, **Hollman JH**. Influence of neck laceration protectors on cervical range of motion. *Clinical Journal of Sport Medicine*. 2017;27(2):111-118.
- **Madson TJ**, **Hollman JH**. Cervical traction for managing neck pain: A survey of physical therapists in the United States. *Journal of Orthopaedic & Sports Physical Therapy*. 2017;47(3):200-208.
- Dahlhauser SE, Theuer A, **Hollman JH**. Satisfaction and occupational performance in patients with functional movement disorder. *The Open Journal of Occupational Therapy*. 2017;5(2):5.
- Wennberg AM, Savica R, Hagen CE, Roberts RO, Knopman DS, **Hollman JH**, Vemuri P, Jack CR, Petersen RC, Mielke, MM. Cerebral amyloid deposition is associated with gait parameters in the Mayo Clinic Study of Aging. *Journal of the American Geriatrics Society*. 2017;65(4):792-799.
- Finnoff JT, Johnson AC, **Hollman JH**. Can ultrasound accurately assess ischiofemoral space dimensions? A validation study. *PM&R*. 2017;9(4):392-397.

- Van Straaten MG, **Cloud BA**, Zhao KD, Fortune E, Morrow MM. Maintaining shoulder health after spinal cord injury: A guide to understanding treatments for shoulder pain. *Archives of Physical Medicine & Rehabilitation*. 2017;98(5):1061-1063.
- Smith AM, Stuart MJ, Roberts WO, Dodick D, Finnoff J, Jorgensen JK, **Krause DA**. Concussion in ice hockey: Current gaps and future directions in an objective diagnosis. *Clinical Journal of Sport Medicine*. 2017; In Press.
- **Hollman JH**, Berling TA, Crum EO, Miller KM, Simmons BT, **Youdas JW**. Do verbal and tactile cueing selectively alter gluteus maximus and hamstring recruitment during a supine bridging exercise? A randomized controlled trial. *Journal of Sport Rehabilitation*. 2017; In Press.
- **Rindfleisch AB**, **Calley DQ**, Dobson BJ, Steele TG, Yonkovich SE, **Hollman JH**. Student physical therapists achieve similar patient outcomes as licensed physical therapists: A retrospective comparison of outcomes for patients with low back pain. *Journal of Physical Therapy Education*. 2017; In Press.
- **Youdas JW**, Coleman KC, Holstad EE, Long SD, Veldkamp NL, **Hollman JH**. Magnitudes of muscle activation of spine stabilizers in healthy adults during prone on elbow planking exercises using a fitness ball. *Physiotherapy Theory & Practice*. 2017; In Press.
- Jorgensen JK, Thoreson AR, Stuart MB, Loyd A, Smith AM, Twardowski C, Gaz DV, **Hollman JH**, **Krause DA**, An KN, Stuart MJ. Interpreting oblique impact data from an accelerometer-instrumented ice hockey helmet. *Proceedings of the Institute of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology*. 2017; In Press.
- **Cloud BA**, Zhao KD, Ellingson AM, Nassr A, Windebank AJ, An KN. Increased seat dump angle in a manual wheelchair is associated with changes in thoracolumbar lordosis and scapular kinematics during propulsion. *Archives of Physical Medicine and Rehabilitation*. 2017; In Press.
- **Bogard CL**. Loss of balance could signal underlying medical condition. *Mayo Clinic Q & A. Rochester Post Bulletin*. October 10, 2016.

One of our alumni from the Class of 2015, Andrew Bernstetter, published the capstone case report he completed in partial requirements for our program:

- **Bernstetter AS**. The application of a clinical prediction rule for patients with neck pain likely to benefit from cervical traction: A case report. *Physiotherapy Theory & Practice*. 2016;32(7):546-555.

Moreover, several faculty members presented their research at national conferences in 2016-2017:

- **Youdas JW**, Keith JM, Nonn DE, Squires AC, Hollman JH. Activation of spinal stabilizers and shoulder complex muscles during an inverted row using a portable pull-up device and body weight resistance. Presented at: *American Physical Therapy Association 2016 NEXT Conference & Exposition*, Nashville, TN, June 2016.
- **Youdas JW**, Johnson JL, Olson BJ, Roschen MR, Skoog TS, Hollman JH. Assessment of hip abductor muscle strength using a hand-held dynamometer and two measures of pelvic displacement during single-limb stance. Presented at: *American Physical Therapy Association 2016 NEXT Conference & Exposition*, Nashville, TN, June 2016.
- **Lanzino D**, Hollman J. Predicting gross motor function in persons with ALS using timed lower extremity performance. Presented at: IV STEP Conference, *American Physical Therapy Association*, Columbus, OH, July 2016.
- **Cloud BA**, Zhao KD, Ellingson AM, Nassr A, Windebank AJ, An KN. Seat dump angle affects spine and scapular motion during propulsion. Presented at: *Academy of Spinal Cord Injury Professionals 2016 Educational Conference & Expo*, Nashville, TN, September 2016.
- Cieslak K, **Calley D**, Clemens V. The role of allied health residency and fellowship programs in today's health care environment. Presented at: *2016 Association of Schools of Allied Health Professions Annual Conference*, New Orleans, LA, October 2016.
- **Hollman JH**, Watkins MK, Imhoff AC, Braun CE, Akervik KA, Ness DK. Complexity and fractal dynamics of gait in treadmill ambulation: Implications for rehabilitation providers. Presented at: *American Congress of Rehabilitation Medicine 93rd Annual Conference: Progress in Rehabilitation Research*, Chicago, IL, November 2016.

In addition to those publications, Aaron Rindfleisch authored a textbook chapter and Connie Bogard authored a newspaper article:

- **Rindfleisch AB**, Dunfee HJ, Plack MM. Teaching and learning in the clinical setting: Striving for excellence in the clinical setting. In *Teaching and Learning in Physical Therapy: From Classroom to Clinic* (2nd ed.). Plack MM, Driscoll M (eds). SLACK Incorporated; Thorofare, NJ, 2017. pp. 357-392.

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- **Hellyer NJ**, Balch S, Hagen R, Niemann J, Woodberry N, Pyferroen MD, Hollman JH. Functional outcome measures in patients undergoing extracorporeal membrane oxygenation. Presented at: *American Physical Therapy Association 2017 Combined Sections Meeting*, San Antonio, TX, February 2017.
- **Krause DA**, Sytsma T, Newcomer K, Hollman JH. Impact of a case-based interprofessional education experience between physical therapy and medical students. Presented at: *American Physical Therapy Association 2017 Combined Sections Meeting*, San Antonio, TX, February 2017.
- **Youdas JW**, Coleman KC, Holstad EE, Long SD, Veldkamp NL, Hollman JH. Magnitudes of muscle activation of spine stabilizers in healthy adults during prone on elbow planking exercises using a fitness ball. Presented at: *American Physical Therapy Association 2017 Combined Sections Meeting*, San Antonio, TX, February 2017.

Student Activities

Let's recognize student leadership! Several of our students have prominent roles this year in the American Physical Therapy Association's Student Assembly. **Kelsie Miller**, Class of 2017, chairs the Global Outreach Project Committee. The global outreach committee promotes awareness of global affairs concerning physical therapy and promotes opportunities for students abroad. **Domenic Fraboni**, Class of 2018, chairs the Community Service Project Committee. The community service committee fosters student opportunities in community service, public health awareness and engagement with minority and underserved populations. **Sarah Bentley**, Class of 2018, serves on the Membership Committee. The membership committee develops materials and resources to promote and retain membership in the Student Assembly. **Brian Gahlon**, Class of 2018, serves on the Professional Advocacy Project Committee. The professional advocacy committee promotes efforts to educate students and to take legislative action on public policy issues impacting the physical therapy profession.

Domenic Fraboni, Class of 2018, in addition to chairing the Student Assembly's community service committee, also participated in the APTA's Federal Advocacy Forum from March 26-28, 2017, in Washington DC. He was selected as a student representative from the Minnesota Chapter to participate and joined more than 270 PTs, PTAs and students who fanned out across the halls of Congress to advocate for our patients and for our profession. In particular, they advocated with particular emphasis on the repeal of the Medicare therapy cap bill (HR 807, S 253) and on passage of a workforce bill (HR 1639, S 619) that would add PTs to the list of professionals qualifying for the National Health Services Corps, meet needs in underserved areas and enhance education loan repayment by the federal government. They also advocated in the House of Representatives to support a bill (HR 302) to protect PTs and other health care providers who travel across state lines to provide services with athletic teams.

Student Recruitment Highlights

In August of 2016 we enrolled a class of 28 highly qualified students who make up the Class of 2019. The enrolling class profile is as follows:

- 21 women and 7 men;
- Mean age of 23 years, range 21 to 43 years;
- Mean cumulative undergraduate grade point average of 3.80;
- Mean prerequisite grade point average of 3.72;
- Mean scores at the 63rd and 60th percentiles, respectively, on the verbal and quantitative subscales of the GRE;
- Ethnic diversity includes 25 students of Caucasian, 2 students of American Indian and 1 student of African American ethnicity;
- 8 states of residence represented; 68% of students (19 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.

2017 Graduation Highlights

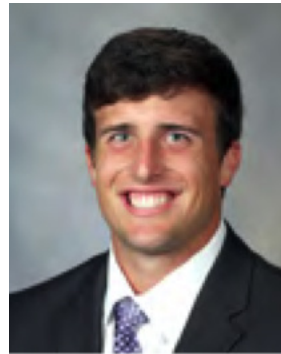
The number of students who have graduated from our program since the inaugural class graduated in 1939 reached 2,583 students this year. On May 26, 2017, we graduated 28 physical therapists, the 11th class to graduate from Mayo with the Doctor of Physical Therapy degree. Congratulations to the Class of 2017! We look forward to their professional accomplishments and to their contributions to the Alumni Association. **Jim Youdas** gave the keynote address and **Pete Johnson** gave the student address. The following graduates were recognized for awards presented at the 2017 commencement ceremony:

- **Tyler Berling** received the MCPTAA Outstanding Clinical Performance Award, selected by clinical faculty to recognize exceptional clinical performance by a graduating student.
- **Kendra Coleman** received the Richard L. Beers Award, which honors the graduating student who wrote the most outstanding scholarly paper.
- **Nicole Veldkamp** received the Gordon J. Branes Award, which honors the graduating student with outstanding academic achievement in the physical therapy curriculum.
- **Sara Balch** received 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.
- **Megan McCarthy** 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.

Congratulations to Tyler, Kendra, Nicole, Sara and Megan for their outstanding achievements in the Program in Physical Therapy!

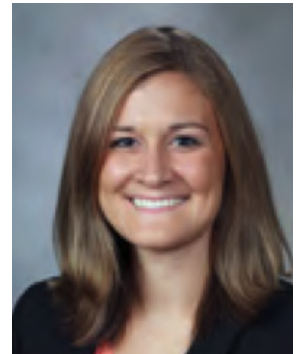
Outstanding Clinical Performance Award:

Tyler Berling



Branes Award:

Nicole Veldkamp



Beers Award:

Kendra Coleman



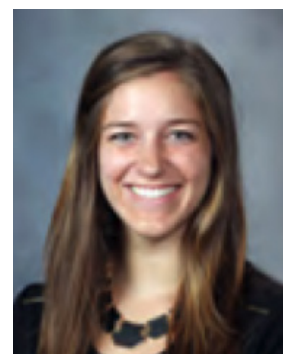
Erik Aasen Award:

Sara Balch



MN APTA Outstanding Student:

Megan McCarthy



Residency Education

Our residency training opportunities continue to grow. The Program collaborates with the Department of Physical Medicine & Rehabilitation on three post-professional physical therapy residencies. With **Darren Calley** serving as Director of the physical therapy residency training programs, we now enroll 6 resident learners annually, two each in the Orthopaedic, Neurology and Sports physical therapy residency programs. While the Orthopaedic PT residency is now in its 4th year of existence, we are particularly pleased to report that the American Board of Physical Therapy Residency and Fellowship Education accredited the

Neurology and Sports PT residencies in 2017. **Deb Ness** coordinates the neurology residency and **Corey Kunzer** coordinates the sports residency. Each residency training program offers a 12-month experience including independent patient care, formal one-on-one mentoring, research and teaching opportunities, and planned didactic and laboratory coursework designed to provide a basis for advanced clinical practice. In addition to the three residency programs offered at Mayo Clinic in Rochester, Mayo Clinic in Arizona offers a Geriatric physical therapy residency for one resident annually.

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 PM&R 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 the program and, most importantly, our students. Last, for those who continue to support our students' scholarships and professional 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/mayo-clinic-school-of-health-sciences/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 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 "Hello." Thank you for your continued support of the Program and your dedication to the profession.

Warm Regards from Program Faculty

Class of 2017



Row 1: (bottom): Natalie Woodberry, Ramy Hagen, Michelle Yancey, Stephanie Long, Jessica Strikwerda

Row 2: Brianna Cooper, Ellen Crum, Stacey Glaess, Kendra Coleman, Rio Haack

Row 3: Justin Hubble, Mary McPartlin, Sara Balch, Kelsie Miller

Row 4: Tyler Berling, Erin Holstad, Megan McCarthy, Brent Simmons, Jasmine Peterson

Row 5: Kelin Dunfee, Nicole Veldkamp, Brittany Sellman, Angela Fischer, Row 6: Andrew Kleven, Connor Johnson, Adam Urick, Peter Johnson, and Jason Niemann

Lucia Dumitrascu Scholarship

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

This year’s recipient of the scholarship is **Domenic Fraboni**. Congratulations to Domenic on this great achievement.

History of Lucia Dumitrascu Scholarship recipients:

- 2011: Aaron Knighton
- 2012: Kristen Porter
- 2013: Ryan Buus
- 2014: Andrew Bernstetter
- 2015: Kelli Rorem
- 2016: Megan McCarthy
- 2017: Domenic Fraboni



Fall Gathering

We will be hosting the 5th Annual Fall Gathering with current students, faculty, and alumni this fall in conjunction with the Fall Course. The Fall Gathering is Friday, September 22, 2017 at Soldier’s Field Park from 6-9 pm at the Soldier’s Field Park Shelter (near 2nd Ave SW and 7th St SW). The MCPTAA will host a dinner with food and drink and an opportunity to connect with others. RSVP by September

8th, 2017 (traver.katie@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 to attend the Fall Gathering. Please join us for this growing tradition and time to connect.

CONTINUING EDUCATION

The MCPTAA is proud to offer a high quality annual course. 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 2017

Mayo Clinic Physical Therapy Alumni Association presents:

Therapy Skills Upgrade: Dementia Management for Rehab Professionals

By Heather Peabody MS, OT/L

September 23-24, 2017

CEUs to be determined

Location: Judd Auditorium

Who should attend:

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, Speech Pathologists, others who work with dementia patients.

Synopsis;

As our world's population ages, the incidence of dementia and other dementia illnesses continues to grow. It is important that more healthcare facilities create dementia specific programming. In this course the practitioners learn about the disease process and special considerations for care and treatment planning. By improving the quality of care given to clients with dementia, providers can recognize predictors of cognitive decline. With the mandate to decrease physical and chemical restraints, practitioners must learn alternate interventions, as the client focus is to keep those with dementia as well as others from harm. Due to the demands of OBRA guidelines, most healthcare providers focus strictly on personal hygiene and nutritional intake. Clients and their family members need activity intervention, social support, programming, and measurement of not only cognition, but also cognitive performance. With demands to utilize evidence-based practice, healthcare professionals

also have the responsibility to employ tools and measures to gauge the clients level of dementia, cognitive performance, and independent living skills. Today's seminar provides the tools for affective assessment and therapeutic intervention with the dementia patient. Participants will learn to evaluate cognitive and cognitive performance as well as physical and praxis performance, and utilize effective strategies to enhance independent function, corporation, and behaviors for the client with dementia. Participants will be exposed to and practice cognitive, behavioral, physical performance, and Stage in assessments, learning how to become reliable and interpret scores that can guide treatment planning, care planning, and intervention. The skills and strategies taught in the seminar, can be implemented into practice the very next day to provide better care and achieve better results with our clients that have dementia.

Speaker bio;

Heather Peabody, MS, OT/L, is a licensed and registered occupational therapist with more than 15 years of experience specializing in dementia care and care for the severely cognitively and physically disabled. She is the owner of vital spark LLC, and occupational therapy and education company, where she provides consulting services and clinical education For licensed nursing assistants and administrators and practitioners in a variety of settings. She previously served as a program leader and OT for locked dementia units in Bedford, New Hampshire; a nonpharm behavior specialist for a New Hampshire hospital, and provided in-home care. She currently works at St. Joseph's Hospital in

Nashua, New Hampshire, and is an adjunct faculty member at the University of New Hampshire occupational therapy department, instructing psychosocial dysfunction in daily life, and psychosocial valuation and intervention. Heather has a dynamic teaching style, which includes case studies, hands-on experience, acting, comedy, and didactic approaches. She runs hilarity for charity in New England, a volunteer organization that raises money for clients with dementia who need respite services. Her career focus has been on caregiver education, creating career ladder opportunities for nurse's assistants, decreasing burdens for family caregivers, and advocating for clients to be treated at an adult level,

not as second-class citizens. Heather is a member of the Allen cognitive network, The New Hampshire Occupational Therapy Association, the American Occupational Therapy

Association, hilarity for charity, laugh free or die, and comedy for a purpose. She enjoys the expression and visual arts, and enjoys her time at home with her four young girls.

What you will learn;

Discuss the etiology of dementia, neurocognitive decline and deficits, staging and progression. How to integrate knowledge of narrow cognitive impairment through understanding brain physiology, and symptoms of differentiated diagnoses. Devise care plans and goals to ensure quality and continuity of care. Perform and document assessment and evaluation measures supported by empirical research to help support evidence-based practice. Utilize

effective screening tools and staff development/program development strategies. Learn non-pharmacological interventions and creative interventions to troubleshoot day-to-day problems in caring and managing dementia symptoms in the realms of; behavior, positioning, self feeding, transfers and ambulation, basic activities of daily living, communication, activity planning, and prevention.

Course Schedule:

September 23- 8:00am to 4:30pm

8:00-8:30	Pathology and Etiology	1:00-2:00	Preventing Problems, and Slowing Decline Agreeing in place Residual skills vs Baseline Nutrition and supplements Medication Excess Disabilities
8:30-9:00	Theoretical Frameworks: Cognitive Disability FOR Global Deterioration Scale Allen Cognitive Disabilities Model Need Driven Behavior Model, Antecedent Behavior Consequence Mental Model	2:00-2:30	Regulations Nursing Home Reform Act Americans with Disabilities Act Occupational OSHA laws and regulations HIPPA guidelines CMS F-Mandates Omnibus Budget Reconciliation Act Corporate Compliance Patient Protection and Affordable Care Act
9:00-9:45	Gathering Data Assessment evaluation/practice Screening Pseudo dementia Rule out Staging	2:30-3:15	Treatment techniques: Packaged Interventions Brain Gym Meet me at MoMA Memory Books Multi-Sensory Environments Alzheimer's Stores My Way Mind-Start Smart Tablet Apps Alzheimer & Association Resources Books and Online Resources
9:45-10:00	- 15 minute break	3:15-3:35	Family Interventions
10:00-11:00	Gathering Data Continued Modes of Performance Mobility/Endurance Neurological Cognitive Behavioral Specific axis categories	3:35-4:10	Communication Interventions
11:00-11:30	Interpreting Data and Making a Plan Hands on assessment/evaluation practice FIM/MDS scoring translation Attainable Goal writing Care plans Profile cards Grouping Outcomes measures	4:10-4:30	Questions and Comments
11:30-12:30	- Lunch		

September 24- 8:00am to 11:15am

- 8:00-8:45 Physical Interventions
- 8:45-9:15 Positioning and Transfers
- 9:15-9:45 ADL Interventions
- 9:45-10:00 - break
- 10:00-10:30 Behavioral Interventions
- 10:30-11:00 Discharge planning/FMPs/RCPs and follow-up
- 11:00-11:15 Questions and Comments

*Please look for the 2017 registration brochure in your mail for details on how to register, deadlines, fees, accommodations, parking, location etc..... **THANK YOU, we hope to see many of you there.***

***Also, please plan to join use for the 2018 fall conference! MCPTAA will be hosting a LSVT BIG Training and Certification Workshop. More details to come!**

Previous MCPTAA sponsored courses include:

2016 Fall Course

Due to unforeseen circumstances the course was rescheduled to the fall of 2017

2015 Fall Course

Neck Pain and Headaches
By Dave Wieber, LPT, ATR, MTC

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

MCPTAA Website

The MCPTAA website (previously: <http://mcptaa.org>) has recently been updated and is now part of the Mayo School of Health Sciences Alumni Website. Please visit <https://mshsalumni.mayo.edu/> and click on MCPTAA under the subgroups tab to stay updated on the latest news and information. You can find information about upcoming MCPTAA sponsored courses, PT school graduation information, re-connect with alumni, update your information and much more.

A great feature of the new website is to activate your alumni profile; your profile allows you to:

- Provide information about where you work
- Choose privacy options you prefer
- Search for fellow alumni

- **Ensure your contact information is update in order to receive the most current publications and continuing education brochures.**

If you haven't claimed your profile yet, visit the MSHS Alumni website at <https://mshsalumni.mayo.edu/> and use the Alumni ID number above your name in the mailing address block to activate your profile and review your information.

Annual Membership Dues can also be paid on the website by clicking the "Membership" tab. After clicking this tab the website features the ability to use Eventbrite. Eventbrite is a safe, secure, and speedy way to pay for all of your dues. The Eventbrite feature is the preferred method to also pay for any Spring or Fall MCPTAA sponsored courses.

Stay Connected with Facebook

Many thanks to those of you that have helped contribute content to the **Mayo Clinic Physical Therapy Alumni Association** Facebook page! We are working with our board and the growing **Ambassador Program** to make this a home for updates on the Mayo DPT program, alumni specific events, and a place to learn about upcoming courses offered by the MCPTAA. We ask that everyone submit photos or stories directly to the MCPTAA Facebook page or through your class ambassador so we can reconnect fellow alumni and keep our community up to date

on the great accomplishments of our alumni group! The Membership and Nominating committee will continue to use the Facebook page and our website to remind current members to renew, encourage alumni to join, and recruit members to apply for board membership as positions demand. If you have any questions, please feel free to message the MCPTAA Facebook page directly to reach the Membership and Nominating Committee. Be sure to “like” the page and join the group!

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 us. We are in need of Ambassadors for the following graduating classes: 1962-65, 1967, 1969, 1974-1981, 1983-85, 1987-88, 1991-96, 1998-2000, and 2002-06.

Hosting a Class Reunion

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.

Lifetime MCPTAA Membership

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

Alumni Updates

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 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 or submit your update via the form under the "Resources" tab on the MCPTAA website.

Certifications:

Catherine Schaefer-Campion, Class of 1998: Pediatric Clinical Specialist (2016)

"I would like to thank Connie Bogard for teaching and inspiring me to work with children and I'd also like extend a special thanks to Jim Youdas, Denise Kinlaw and all of the faculty for guiding me along my professional pathway."

MEMBERSHIP DUES FORM

Enclosed is \$20 made payable to MCPTAA to make me an active member for 2017.
(Expiring 12/31/2017) You may pre-pay for 2018.
Please make note: dues for 2018 will increase to \$25
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 FORM

Current Employer: _____

Address: _____

Position Held: _____

Type of Practice: _____

How Long? _____

Recent Awards/ Accomplishments: _____

Recent Research/ Courses Taught: _____

Marriages/Births (please include date and name of spouse, if applicable):

Please mail this form along with payment to: **Julia Boysen**
6082 Somersby Court NW
Rochester, MN 55901

MCPTAA EXECUTIVE BOARD MEMBERS: 2016-2017

President: LeRae Scroggins

Past President: Julia Boysen

Vice President: Adam Carlson

Treasurer: Julia Boysen

Secretary: Brad Wehe

Alumni Fund: Bryce Beckman

Nominating/Membership Committee: Hilary Dolan

Program Committee: Rick Ness, Katie King, Katie Traver, Kaitlyn Strassburg, JoAnn Drake

Public Relations: Stephanie Carlson, Eric Smoyer

Bylaws Committee: Julia Boysen

Physical Therapy School Liasons: John Hollman- Director, Kelsie Miller- Class of 2017 President, Brian Gahlon- Class of 2018 President, - Matthew Hastreiter Class of 2019 President