

# PHYSICAL THERAPY ALUMNI ASSOCIATION

Summer 2018

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## President's Letter

To my fellow alumnus,

I hope this newsletter finds you well as we begin our transition into summer! This past year has also marked many transitions on the board with the role changes of the president, vice president and secretary, along with the gain of new members and the resignation of veteran board members. In addition to these changes, we have been working on making adjustments within the MCPTAA to keep up with the times and to fulfill our purpose: To provide assistance and opportunities to the current physical therapy students but to also keep our alumni informed of the latest school developments and to provide annual continuing education opportunities.

In light of all these changes and developments, we are not without our challenges. To provide full transparency, the MCPTAA for the last several years, has seen a decline in alumni membership and we've have seen a drop in our funds to provide for student scholarships and activities. What this means to me is that there are avenues that we, the board, have not yet mastered or explored which can be of value to our members. I believe, however, that we are making strides to providing this value but we know that progress can always be made.

As you read through this newsletter, I hope you are able to appreciate the tremendous talent, knowledge and dedication that the therapy students and faculty possess. Know that each one of these students and faculty members have somehow directly or indirectly benefited from your support of the MCPTAA. The MCPTAA and the Mayo Clinic Physical Therapy Program are, in part a success from the support that you give and we have you to thank. Please consider to remain an active member to the MCPTAA so we in turn can help our students and the program. Reading through this newsletter you will see how you can contribute. Never hesitate to ask questions to anyone on the board and feel free to provide comments or suggestions on how we can better the MCPTAA. Thank you for all of your support and for the opportunity to serve!

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

# Vice President's Letter

## Membership,

I would like to introduce myself stepping into the Vice President role. My name is Eric Smoyer and I am a 2015 graduate of the program. I am a Nebraska native and serve on a few other boards and organizations. It is from these roles I hope to bring insight and experience to the MCPTAA board. As I am getting up to speed on what the board has been up to, and the current status of our organization, I hope to work on building involvement from alumni as well as encourage greater active membership. We hope to get a system into place to make renewing your dues easier and provide annual reminders to do so. I feel we have a strong organization and we need to continue getting members involved in order to stay viable.

As Vice President I also want to encourage keeping in mind nominees for the Dale Shaffer Award as well as lifetime memberships. As we work to get more members involved we are exploring continuing education opportunities that appeal to a greater range of providers as well as the potential of bringing back the Spring Conference. I believe we work for our members and in order to do so we need our members support. Please remember to renew your membership as well as provide your input to us, your executive board.

As always, if you have questions, comments or ideas feel free to reach out to any of us. You can find our contact information on the MCPTAA website.

Respectfully,  
Eric Smoyer, PT, DPT, ATC, CSCS  
MCPTAA Vice President

## 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

### **Congratulations to the 2017 Dale Shaffer Outstanding Alumnus award winners!**

It is with great pleasure that we, the MCPTAA, were able to award Dr.'s. Michelle and Michael Harris-Love with the Dale Shaffer Outstanding Alumnus award! At the 2017 fall continuing education seminar, put on by the MCPTAA, the Harris-Loves were issued these awards based on their contributions to the field of physical therapy. Michelle and Michael are both graduates from the Mayo Physical Therapy School in 1997 and have since gone on to achieve numerous advanced degrees and accolades.

Michelle has her PhD and is an associate professor in the Bioengineering Department George Mason University. Her clinical expertise is in the area of post stroke recovery of upper extremity function. Michael completed his Doctor of Health Science degree and is currently a principal investigator at the Washington DC VA Medical Center and serves as an associate clinical professor at the GW Milken Institute School of Public Health in DC. His area of expertise is with individuals with inflammatory muscle disease, rare neuromuscular disorders and age related sarcopenia decline.



Thank you to Michelle and Michael for being such great examples of what physical therapists can do to further the profession and knowledge of the field of physical therapy!

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:***

2011: Deann Horsman and Carol Cooper

For further information please contact,  
Eric Smoyer

## Alumni Fund Update

### Greetings Fellow Alumni,

Due to institutional directives, the Department of Development at Mayo is unable to continue to support the MCPTAA with solicitation assistance.

If you would like support Mayo Clinic through electronic means, make a gift through Mayo Clinic online gift page. (<https://philanthropy.mayoclinic.org/page.aspx?pid=884>) If you desire to support the general Alumni Fund or the Physical Therapy Scholarship Honoring Jim Youdas, please indicate the Physical Therapy Alumni Fund or Physical Therapy Scholarship Honoring Jim Youdas in the "OTHER" section as the designation for your gift.

### SCHOLARSHIP UPDATE:

- We have raised roughly \$48,000 for the Scholarship Honoring Jim Youdas.
- Due to Institutional Directives for Development, we have had difficulty communicating this scholarship, as they are unable to support mailings or emails since January 2018.
- We will continue to collect funds for this venture until 2019.
- On behalf of the MCPTAA, I would like to thank you for your continuing support! We continue to provide funds to Mayo DPT students in the following ways:
- Assisted with the purchase of a Metabolic Cart for the Mayo DPT program

- Plan to provide Jim Youdas Scholarship to 1-2 students annually pending funding
- Sponsor 2 students to attend the Combined Sections Meeting
- Sponsor 4 students to attend the MNPTA Spring Conference
- Sponsor 2 students to attend the National Student Conclave
- Funding for 3 graduation plaques for the Branes, Beers, and Outstanding Clinician Awards

- Funding for a tutor for the Year I DPT students in Neuroanatomy
- Subsidization for student recreational teams

Please contact me with questions!

Bryce Beckman, PT, DPT, NCS  
MCPTAA Alumni Fund Chair  
Beckman.bryce@mayo.edu

## Physical Therapy Program Update – Summer 2018

### Year of Transitions

2018 represents one of the greatest transition years in the Physical Therapy Program's recent history. As the saying goes, "All good things must come to an end." This year, we say our good-byes and congratulations to two members of our team.

Good-bye to Jim Youdas and Carol Cooper



**James W. Youdas** retired July 19th, 2018, after 42 years of extraordinary service to Mayo's Physical Therapy Program. Hailing from western Pennsylvania and after being educated at Westminster College in New Wilmington, PA (BS in Biology), the University of Pittsburgh (Certificate in Physical Therapy) and

the Virginia Commonwealth University in Richmond, VA (MS in Physical Therapy), Jim embarked on a career at Mayo Clinic beginning in 1976. By the numbers, Jim taught 1,377 physical therapy students from 1976 through 2018 and left an indelible mark on many of us writing this newsletter and reading this newsletter. A few words cannot adequately do justice to his contributions, but nevertheless we can highlight some of them. In his 42 years, Jim's teaching effectiveness and his expertise as an anatomist and kinesiologist have largely been unparalleled. Students consistently lauded the passion he brought to teaching and the enthusiasm and energy he brought to the classroom. To say he enjoyed what he taught is an understatement. In addition to his teaching contributions, Jim served as an excellent role model and mentor to students, faculty and clinicians over his career. His bibliography, for instance, includes 66 peer-reviewed publications with more to come. While that is impressive in and of itself, a remarkable

number of those publications—27, over 40% of them—were a direct product of his mentorship of students conducting research. Many others were products of his mentorship of clinicians and collaborations with fellow faculty. Jim is known nationally and internationally for his early research concentration in helping the profession to more reliably measure spine-related impairments and, more recently, his focus on using electromyographic methods to help in exercise prescription. Beyond his teaching and research activities, Jim was also active professionally throughout his career. He served one term as a member of the Minnesota Physical Therapy Association's (MNPTA) Board of Directors, one term as a delegate to the APTA's House of Delegates and three terms, once as chair, on the chapter's Nominating Committee. For his outstanding contributions, Jim was recognized through his career with a Mayo Clinic School of Health Sciences Outstanding Educator Award, with the MNPTA's Corrine Ellingham Outstanding Service Award and holds the distinction as being the first physical therapist at Mayo to be appointed as an Associate in the Department of Physical Medicine & Rehabilitation and first to be promoted to Associate Professor of Physical Therapy in the Mayo Clinic College of Medicine and Science.



**Carol Cooper** retired June 1st, 2018, after 43 years of employment with Mayo Clinic. Over her career, Carol served in clinical practice areas, in research and in education. More specifically, to our fortune, she spent the last 16 years of her career serving as Administrative Assistant to the Physical Therapy Program. While that was her title, we all know she really had multiple roles with the

Program ... admissions coordinator, office manager, education technology expert, problem-solver and on and on. Those of you who have ever walked by Carol's desk on Siebens 11 may have noticed a sign over her head stating, "I'm not bossy. I just know what you should be doing." No sign could more accurately summarize what Carol meant to the Program for 16 years. She always knew exactly where each faculty member should be, where each student should be, and if we were not in right place, she put us there! Her contributions have been critical to our program's successes. As of the date of this writing, we have not yet identified a replacement for Carol ... as though anybody could actually replace her. But I am sure you will meet our new front-person soon and we will update you accordingly in the near future.

Jim and Carol, we will miss you both! Congratulations on your well-deserved retirements!

#### Retirement of Heidi Dunfee



Heidi Dunfee retired from Mayo effective May 23, 2018 after 35 years as a Mayo employee. During her time at Mayo, she served in many roles, including Clinical Education Coordinator (CEC) at the 3-Mary Brigh inpatient rehabilitation unit, Center Coordinator of Clinical Education (CCCE) for the Department of

Physical Medicine and Rehabilitation and, most recently, as an Operations Manager in Continuing Medical Education within the College of Professional Development. During her time as CEC, Heidi worked with hundreds of PT students, sometimes as many as 6 per clinical period. So many of the students she mentored went on to like neurology, as she had an infectious desire to help people. After becoming CCCE, she mentored new and experienced clinical instructors, serving the students by training the clinical instructors. She taught the APTA clinical instructor credentialing courses and eventually wrote a book chapter designed to help students prepare themselves to be the best possible clinical student. She traveled the country teaching NPTE review courses, served nationally in the Clinical Education Special Interest Group of the APTA, and was regularly invited to speak on a variety of topics. Heidi also mentored DPT students in the Mayo Program in their service learning projects and taught neurological rehabilitation in the program over the years.

Heidi's enthusiasm, friendliness, and willingness to teach will be greatly missed! The Program thanks her for her contributions and wishes her well in retirement!

#### Welcome to Melissa Hake, PT, DScPT



Not all transitions are "Good-byes." Some transitions represent a "Welcome!" We are excited to have hired a new faculty member, **Dr. Melissa Hake**, who officially joins the Program as a core faculty member on July 25th. Dr. Hake 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, Melissa earned her BA with majors in Natural Sciences and Sociology from Covenant College in Lookout Mountain, GA, in 1997. She then enrolled in our program, earning her Master of Physical Therapy degree from the Mayo Clinic School of Health Sciences in 2001. After graduating from our program, she subsequently earned her Doctor of Science (DSc) degree in Physical Therapy from the University of Maryland School of Medicine in 2012. Melissa was a staff physical therapist in the PM&R Department from 2002-2010 and most recently served as the Clinical Education Coordinator at Mayo Clinic Hospital-Methodist Campus. She holds the rank of Assistant Professor of Physical Therapy.

Melissa's primary line of scholarly inquiry relates to the evaluation of student clinical performance in acute care physical therapy practice and defining core competencies for entry-level practice in that setting. She has published her work in journals including the *Journal of Physical Therapy Education*, the *Journal of Acute Care Physical Therapy*, *Rehabilitation Oncology* and the *Journal of Allied Health*. As an educator, Melissa will be assuming course coordination duties for several courses in our curriculum, most notably our first-year Intervention Skills and Examination & Systems Review courses, and will take responsibility for developing and strengthening our acute care curriculum.

We are excited that Dr. Hake is joining our faculty and we look forward to her contributions for years to come. Welcome aboard, Melissa!

#### **Program Accomplishments and Highlights**

Beyond the addition of Dr. Hake to our faculty, we are pleased to make you aware of some of our other 2017-2018 accomplishments and highlights.

From a student and graduate perspective, the graduating Class of 2017 had a 100% graduation rate and a 100% first-time pass rate on the national licensure examination and their average scaled score of 703.8 on the exam exceeded the national average by over 25 points. As a comparison,

a score of 600 represents the minimum passing score. Moreover, while not all of our 2018 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 (2016-2018), the graduation rate of students enrolled in our program is 99%; the first-time pass rate of graduates on the licensure exam is 100%; 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 2018 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 2017, faculty members authored or co-authored 12 peer-reviewed publications in the 2017-2018 academic year and have 6 additional papers “in press” to be published in 2018 or 2019. Many of the papers include graduates of the program as co-authors. Those works include:

- **Krause DA, Youdas JW.** Bilateral presence of a variant subscapularis muscle. *International Journal of Anatomical Variations.* 2017;10(4):79-80.
- 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;27(5):503-509.
- **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;98:2021-2027.
- **Madson TJ.** Considerations in physical therapy management of a non-responding patient with low back pain. *Physiotherapy Theory and Practice.* 2017;33(9):743-750.
- 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;231(4):307-316.
- **Rindflesch 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;31(4):35-39.
- **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.* 2018;34(3):212-222.
- Luetmer MT, **Cloud BA, Youdas JW**, Pawlina W, Lachman N. Simulating the multi-disciplinary care team approach: Enhancing student understanding of anatomy through an ultrasound-anchored interprofessional session. *Anatomical Sciences Education.* 2018;11(1):94-99.
- Wennberg AMV, Hagen CE, Machulda MM, **Hollman JH**, Roberts RO, Knopman DS, Petersen RC, Mielke MM. The association between peripheral total IGF-1, IGFBP-3, and IGF-1/IGFBP-3 and functional and cognitive outcomes in the Mayo Clinic Study of Aging. *Neurobiology of Aging.* 2018;66:68-74.
- **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.* 2018;27:138-143.
- **Krause DA**, Elliott JJ, Fraboni DF, McWilliams TJ, Rebhan RL, Hollman JH. Electromyography of the hip and thigh muscles during two variations of the lunge exercise: A cross-sectional study. *International Journal of Sports Physical Therapy.* 2018;13(2):137-142.
- Wennberg AM, Schafer MJ, LeBrasseur NK, Savica R, Bui HH, Hagen CE, **Hollman JH**, Petersen RC, Mielke MM. Plasma sphingolipids are associated with gait parameters in the Mayo Clinic Study of Aging. *Journals of Gerontology Series A: Medical Sciences and Biological Sciences.* 2018; In Press.
- Wennberg AM, Lesnick TG, Schwarz CG, Savica R, Hagen CE, Roberts RO, Knopman DS, **Hollman JH**, Vemuri P, Jack CR, Petersen RC, Mielke MM. Longitudinal association between brain amyloid beta and gait in the Mayo Clinic Study of Aging. *Journals of Gerontology Series A: Medical Sciences and Biological Sciences.* 2018; In Press.
- **Rindflesch AB, Hake MP**, Meyer T, Murphy R, Olson M, Uphoff K, Hollman JH. Identifying fall risk of patients receiving hematopoietic cell transplant. *Rehabilitation Oncology.* 2018; In Press.

- Traver KJ, Haack RM, **Krause DA**. Ewing sarcoma of the femur. *Journal of Orthopaedic and Sports Physical Therapy*. 2018; In Press.
- **Krause DA**, Dueffert LG, Postma JL, Vogler ET, Walsh AJ, **Hollman JH**. Influence of body position on shoulder external rotation strengthening exercises. *SportsHealth*. 2018; In Press.
- **Rindflesch AB, Hake MP**, Haack RM, Kleven AD, McPartlin MK, Strikwerda JA, **Hollman JH**. Evaluating clinical performance of student physical therapists: A comparison of student- and staff-managed patient outcomes after hip arthroplasty. *Journal of Allied Health*. 2018; In Press.

In addition to those publications, Aaron Rindflesch authored a textbook chapter:

- **Rindflesch AB**, Somers MF, Fell DW. Therapeutic interventions for complete paralysis. In *Lifespan Neurorehabilitation: A Patient-Centered Approach*. Fell DW, Lunnen K, Rauk R (eds). FA Davis; Philadelphia, 2018. pp. 829-869.

Moreover, several faculty members presented at national conferences and/or courses in 2017-2018:

- **Cloud BA**, Lennon RJ, Marquez FM, Zhao KD. Development of a propulsion-specific regression model to predict scapulothoracic motion. Presented at: 2017 *American Society of Biomechanics Annual Conference*, Boulder, CO, August 2017.
- **Krause DA**. Evaluation and rehabilitation of common sports injuries. Presented at: *Mayo Clinic Summer Pediatric Reviews 2017*, Minneapolis, MN, June 2017.
- **Krause DA**. The relationship between neck strength and concussion. Presented at: *Ice Hockey Summit III: Action on Concussion*, Rochester, MN, September 2017.
- **Krause DA**. Evaluation and rehabilitation of common sports injuries. Presented at: *Mayo Clinic Pediatric Days 2017*, Chicago, IL, October 2017.
- **Hollman J**. Interpreting dynamical aspects of movement variability: Implications for rehabilitation providers. Presented at: *Association of Schools of Allied Health Professions 2017 Annual Conference*, San Antonio, TX, October 2017.
- **Krause D**, Hollman J, Newcomer K, Sytsma T. Impact of a case-based interprofessional education experience between physical therapy and medical students. Presented at: *Association of Schools of Allied Health Professions 2017 Annual Conference*, San Antonio, TX, October 2017.

- **Hollman J**. Levels of evidence, meta-analyses and clinical practice guidelines. Research/writing/quality assurance breakout session. Presented at: *Mayo Clinic Rehabilitation Medicine Update 2018*, Scottsdale, AZ, February 2018.
- **Krause D**, Woods R. Orthopedic physical exam of the lower extremity workshop. Presented at: *Mayo Clinic Rehabilitation Medicine Update 2018*, Scottsdale, AZ, February 2018.
- **Beckman B**, Hollman JH. A comparison of gait dynamics when using an ankle foot orthosis versus no ankle foot orthosis in people with hemiplegia secondary to stroke (Poster). Presented at: *American Physical Therapy Association 2018 Combined Sections Meeting*, New Orleans, LA, February 2018.
- **Bogard CL**. The physical therapy experience for older adults following an injurious fall requiring hospitalization: A phenomenological investigation (Platform). Presented at: *American Physical Therapy Association 2018 Combined Sections Meeting*, New Orleans, LA, February 2018.
- **Bogard CL**, Lanzino D, Hollman JH, Cooper BV, Fischer AL, Glaess SB, Sellman BJ. Physical therapy utilization in older adults hospitalized for fall related injury: A retrospective chart review (Poster). Presented at: *American Physical Therapy Association 2018 Combined Sections Meeting*, New Orleans, LA, February 2018.
- **Calley DQ**. Acute calcific tendinitis of the rectus femoris managed with multimodal physical therapy (Poster). Presented at: *American Physical Therapy Association 2018 Combined Sections Meeting*, New Orleans, LA, February 2018.
- Cahalin L, **Hellyer N**, Martin D, Severn R, Smith BK. Respiratory muscle training prescription: Endurance or strength? (Session) Presented at: *American Physical Therapy Association 2018 Combined Sections Meeting*, New Orleans, LA, February 2018.
- **Hollman JH**, Beckman BA. Complexity and fractal dynamics of gait in a 46-year-old man with chronic inflammatory demyelinating polyneuropathy (CIDP): A case report (Poster). Presented at: *American Physical Therapy Association 2018 Combined Sections Meeting*, New Orleans, LA, February 2018.
- **Krause DA**, Fraboni DF, McWilliams TJ, Rebhan RL, Elliott JJ. Electromyography of the hip and thigh muscles during 2 variations of the lunge exercise (Poster). Presented at: *American Physical Therapy Association 2018 Combined Sections Meeting*, New Orleans, LA, February 2018.

- **Youdas JW**, Baartman HE, Gahlon BJ, Kohnen TJ, Sparling RJ, Hollman JH. Magnitudes of muscle activation of shoulder complex and spine stabilizers during the standard push-up and pushing exercises using a suspension strap system (Poster). Presented at: *American Physical Therapy Association 2018 Combined Sections Meeting*, New Orleans, LA, February 2018.
- **Cloud B**, Koontz A, Requejo P, Slavens B. Advancements in our understanding of manual

wheelchair biomechanics: Functional tasks. Presented at: *American Spinal Injury Association 2018 Annual Scientific Meeting*, Rochester, MN, May 2018.

- **Cloud B**, Madansingh S, Fortune E, Morrow M, Zhao K. Targeting movement strategies to reduce impingement of the rotator cuff during overhead reaching in individuals with spinal cord injury. Presented at: *American Spinal Injury Association 2018 Annual Scientific Meeting*, Rochester, MN, May 2018.

## Student Leadership

Let's recognize student leadership! Several of our students have held prominent roles in the American Physical Therapy Association's Student Assembly, in the Minnesota Physical Therapy Association's Student Special Interest Group (SSIG), or on other professional committees. We wish to recognize their professional contributions and commitment.

**Domenic Fraboni** (Class of 2018) serves on the Nominating Committee of the APTA's Student Assembly through 2018. He also chaired the Assembly's Community Service Project Committee in 2017, attended the APTA's 2018 Federal Advocacy Forum, and served as a Federal Key Contact liaison to MN Congressional District 6 for the MNPTA Federal Affairs Committee and the APTA's Private Practice Section.

**Sarah Bentley** (Class of 2018) served on the Membership Committee of the APTA's Student Assembly through 2017.

**Brian Gahlon**, Class of 2018, co-chaired the MNPTA SSIG in 2017-2018. **Morgan Olson** (Class of 2018) served as a board member of the MNPTA SSIG in 2017-2018 and chaired the SSIG's spring conference. **Tanya Meyer** (Class of 2018) served two years on the MNPTA SSIG's Board of Directors and was a member of the MNPTA's Government Affairs Committee. **Nick Beise** (Class of 2019) is serving a term in 2018 as a member of the Community Service Project Committee of the APTA's Student Assembly. **Megan Zimmerman** (Class of 2019) served as secretary of the MNPTA SSIG Board of Directors in 2017-2018 and holds the same role in 2018-2019. **Sam Fischer** (Class of 2019) serves as a board member of the SSIG and also serves on the MNPTA Orthopedic Education Sub-committee.

## Student Recruitment Highlights

In August of 2017 we enrolled a class of 28 highly qualified students who make up the Class of 2020. The enrolling class profile is as follows:

- 15 women and 13 men;
- Mean age at application of 23 years, range 20 to 43 years;
- Mean cumulative undergraduate grade point average of 3.78;
- Mean prerequisite grade point average of 3.74;

- Mean scores at the 72nd and 61st percentiles, respectively, on the verbal and quantitative reasoning subscales of the GRE;
- 27 students of Caucasian and 1 student of Hispanic ethnicity;
- 9 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.

## 2018 Graduation Highlights

The number of students who have graduated from our program since the inaugural class graduated in 1939 reached 2,610 students this year. On May 25, 2018, we graduated 27 physical therapists, the 12th class to graduate from Mayo with the Doctor of Physical Therapy degree. Congratulations to the Class of 2018! We look forward to their professional accomplishments and to their contributions to the Alumni Association. **Jim Youdas** gave the keynote address and **Kayla Uphoff** provided the student address. The following graduates were recognized for awards presented at the 2018 commencement ceremony:

- **David (Woody) Lucas** received the MCPTAA Outstanding Clinical Performance Award, selected by clinical faculty to recognize exceptional clinical performance by a graduating student.
- **Sarah Bentley** received the Richard L. Beers Award, which honors the graduating student who wrote the most outstanding scholarly paper.
- **David (Woody) Lucas** received the Gordon J. Branes Award, which honors the graduating student with outstanding academic achievement in the physical therapy curriculum.
- **Lindsay McDaniels** 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.
- **Brian Gahlon** 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 Woody, Sarah, Lindsay and Brian for their outstanding achievements in the Program in Physical Therapy!

## Residency Education

Our physical therapy residency programs continue to flourish. We collaborate with the Department of Physical Medicine & Rehabilitation on three post-professional physical therapy residencies at Mayo Clinic in Rochester. Interest remains strong in these programs and 6 resident learners are enrolled annually, two each in the Neurology, Orthopaedic, and Sports residency programs. **Darren Calley** serves as the director of the residency programs and coordinator of the orthopaedic program, which is now in its 5th year. **Debra Ness** coordinates the neurology residency and **Corey Kunzer** coordinates the sports residency, which are both in their 2nd year. Each of these programs is accredited through the American Board of Physical Therapy Residency and Fellowship Education. In 2017, three of our

### *Outstanding Clinical Performance Award:*

**David (Woody) Lucas**



### *Branes Award:*

**David (Woody) Lucas**



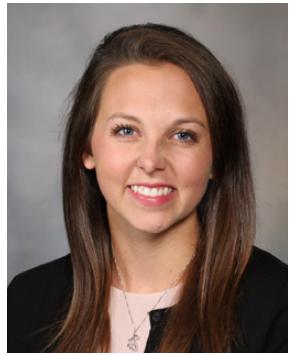
### *Beers Award:*

**Sarah Bentley**



### *Erik Aasen Award:*

**Lindsay McDaniels**



### *MN APTA Outstanding Student:*

**Brian Gahlon**



graduating physical therapy residents were hired as physical therapy staff in the PM&R Department, one from each program. **Rebecca Gusmer** joined the orthopaedic & sports work units, **Hannah Von Arb** joined the inpatient neurorehabilitation work unit, and **Paul Yerhot** joined the sports practice. Each residency program offers a 12-month learning experience including patient care, formal on-on-one mentoring, research and teaching opportunities, and planned didactic and laboratory coursework designed to provide a basis for advanced clinical practice. In addition, Mayo Clinic 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.

## Class of 2018

Row 1: (bottom): *Samantha Nelson, Heather Carmichael, Jana Raisner, Domenic Fraboni, Tanya Meyer, Katherine Horn*

Row 2: *Hannah Baartman, Jacob Anderson, Rachel Rebhan, Megan Lawson, Shanna Britt*

Row 3: *Joshua Elliott, Katy Faber, Hannah Christenson, Morgan Olson, Laura Wichman*

Row 4: *Tyler Kohnen, Ryan Murphy, Lindsay McDaniels, Sarah Bentley, Leah Raffety*

Row 5: *Kayla Uphoff, Woody Lucas, Brian Gahlon, Taylor McWilliams, and Jordan McGowan*

*Absent from the photo: Sarah Guhl*

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 [rstptprogram@mayo.edu](mailto:rstptprogram@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



# Fall Gathering

Join us for the 6th Annual Fall Gathering!! This is open to all alumni, family of alumni, current students, and faculty in conjunction with the Fall Course. The Fall Gathering is Friday, September 14, 2018 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 BBQ dinner with food/drinks and an opportunity to connect with alumni and current

students. RSVP by September 7th, 2018 via email (traver.katie@mayo.edu). Cost of attendance for Fall Gathering is included if attending the Fall Course. If you are not attending the Fall Course and not a current PT student, there will be a \$10 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 2018

Mayo Clinic Physical Therapy Alumni Association presents:

*The LSVT BIG Training and Certification Workshop*

By LSVT Global

September 15-16, 2018

CEUs: 12 Contact Hours

Location: Holiday Inn, Downtown Rochester

### Course Description

The LSVT BIG Training and Certification Workshop is a two-day program designed to train physical and occupational therapy professionals and students in an evidence-based, intensive treatment protocol for individuals with Parkinson disease. The fundamental treatment principles and rationale, key treatment elements, efficacy data supporting treatment outcomes, details of treatment tasks, and practical delivery will be covered. Teaching techniques include lecture, demonstration, and case study presentations. Discussion will be included on application to other neural disorders and customization of treatment delivery to meet the unique functional goals of each patient.

### Course Objectives

Upon conclusion of this workshop, participants (Physical and Occupational Therapy Professionals and Students) will be able to:

- Describe 3 paradigm shifts unique to LSVT BIG treatment.
- Provide rationale for using a single target of amplitude when working with patients with Parkinson's disease.
- Correctly identify at least 3 key principles used in LSVT BIG that drive activity dependent neuroplasticity.
- Discuss efficacy findings that support use of LSVT BIG for persons with Parkinson's disease.
- Provide the rationale for each of the Maximal Daily Exercises.
- Describe the correct performance techniques of the LSVT Maximal Daily Exercises.
- Given patient scenarios of patients with Parkinson's disease with various levels of function, describe how to adapt or progress LSVT BIG treatment.
- Correctly list 5/5 teaching techniques unique to LSVT protocols.
- Differentiate between Functional Component Tasks, Hierarchy Tasks, and Carryover tasks.
- Identify the purposes of Functional Component Tasks, Hierarchy Tasks, and Carryover Tasks.
- Provide an example of calibration in LSVT BIG.
- Synthesize data from patient interview, examination, stimulability tests and results of standardized tests to determine if the patient will benefit from LSVT BIG treatment.

**Course Title:**

LSVT BIG® Training and Certification Workshop Series

**Course Date:**

Saturday, September 15, 2018: 9 am – 5 pm

Sunday, September 16, 2018: 8 am – 3 pm

**Course Location:**

**Holiday Inn Downtown Rochester MN (RSTD)**

Plaza Ballroom

220 South Broadway, Rochester, MN 55904

**Course Cost:**

**\$580- New Certified** This is for PT, OT and PTA, COTA participants.

**\$200- Certification Renewal** This is for previously certified professionals

**\$300- Student Registration** This is for current PT, OT and PTA, COTA students.

**Registration Deadline:**

Friday, August 24, 2018

Register online via: [www.LSVTGlobal.com](http://www.LSVTGlobal.com)

**CEU's:**

PT- 12 contact hours

OT- 1.2 AOTA CEU's has been awarded for this course

**Course Outline****DAY 1**

8:15 am – 9:00 am

- REGISTRATION
- Pre-Workshop EXAM

9:00 am – 10:45 am

- Introduction to LSVT BIG Paradigm Shifts
- Overview of Parkinson disease

10:45 am – 11:00 am

- BREAK

11:00 am – 12:30 pm

- LIVE Patient DEMO
- Fundamentals – Neuroplasticity-based rationale
- Review of efficacy data for LSVT LOUD and LSVT BIG

12:30 pm – 1:30 pm

- LUNCH (on your own)

1:30 pm – 3:15 pm

- LSVT BIG METHODS

3:15 pm – 3:30 pm

- BREAK

3:30 pm – 5:00 pm

- LSVT BIG METHODS

**DAY 2**

8:00 am – 9:45 am

- Review of Daily Exercises, Functional Component Movements and Hierarchy Tasks
- Freezing of gait
- LSVT BIG METHODS – Calibration

9:45 am – 10:00 am

- BREAK

10:00 am – 11:30 am

- Follow-up Recommendations
- LSVT BIG Quantification and Reimbursement
- Interdisciplinary Care in PD

11: 30 am – 12:00 pm

- EXAM – 85% pass required for certification

12:00 pm – 12:45 pm

- LUNCH (on your own)

12:45 pm – 1:00 pm

- Prepare for Exercise Interaction

1:00 pm – 2:15 pm

- “Hands - on” Practice with Individuals with Parkinson Disease

2:15 pm – 3:00 pm

- Review of LSVT BIG Paradigm Shifts
- LSVT BIG Marketing
- LSVT BIG Future Research & Technology
- LSVT BIG Workshop Conclusions

*Please look for the 2018 registration brochure in your mail for more details or go to [www.LSVTGlobal.com](http://www.LSVTGlobal.com)..... THANK YOU, we hope to see many of you there.*

Previous MCPTAA sponsored courses include:

### **2017 Fall Course**

*Therapy Skills Upgrade: Dementia Management for Rehab Professionals*

By Heather Peabody MS, OT/L

### **2015 Fall Course**

*Neck Pain and Headaches*

By Dave Wieber, LPT, ATR, MTC

## **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, reconnect 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.

## **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.

## MCPTAA EXECUTIVE BOARD MEMBERS: 2017-2018

**President:** Adam Carlson

**Past President:** LeRae Scroggins

**Vice President:** Eric Smoyer

**Treasurer:** Julia Boysen

**Secretary:** Allison Thompson

**Alumni Fund:** Bryce Beckman

**Nominating/Membership Committee:** Hilary Dolan, Kelsie Miller

**Program Committee:** Rick Ness, Katie Traver, Kaitlyn Strassburg

**Public Relations:** Stephanie Carlson, Eric Smoyer

**Bylaws Committee:** Julia Boysen

**Physical Therapy School Liasons:** John Hollman- Director, Brian Gahlon- Class of 2018 President, Matthew Hastreiter- Class of 2019 President, Lauren Petronack- Class of 2020 President

# MEMBERSHIP DUES FORM

Enclosed is \$25 made payable to MCPTAA to make me an active member for 2018.  
(Expiring 12/31/2018) You may pre-pay for 2019.  
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