



PHYSICAL THERAPY ALUMNI ASSOCIATION

Summer 2019

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President's Letter

To my fellow alumnus,

It's great to be able to reach out to you again as your President for the second year! We hope that you have had a good start to your year as we transition towards late summer. To begin this letter, I just want to point out first and foremost how much we appreciate each and every one of you for your continued support of the MCPTAA. It is because of you, that we get 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.

With that said, please know that we, the MCPTAA, are working very hard to provide for these items to the alumni and school. We are adapting our ways of business in order to keep up with the times and stay relevant. However, as I mentioned in the last newsletter, we still have challenges that we bear. One of our greatest challenges, is to ensure that we are maintaining a positive financial margin despite down trending donations and active membership. With further competition out there for your time and resources we understand that devoting your full attention to the MCPTAA is unrealistic, however, we do need your help. Please consider to continue your active membership and stay in touch with the MCPTAA so that we can better serve you and our students.

Thank you for taking the time to read through this newsletter. As you do, I hope you can appreciate the amazing talent that our school and students possess. Realize that because you have contributed to the MCPTAA, you have in part contributed to the success of the school and students. Please take a look at our fall course that we will be hosting and sign up as it should be a great educational opportunity. Also, remember that we will be having our annual fall gathering in September and all alumni are welcome! If you have any questions, do not hesitate to ask anyone on the board and feel free to provide comments or suggestions on how we can better the MCPTAA. Thank you again for all of your support!

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

Vice President's Letter

Membership,

I hope everyone has had a wonderful year and great start to spring! As we continue working on “shoring-up” the organization, I have been exploring ways to better engage membership. Numbers have continued to decrease over recent years and one possibility has been lack of communication with our members. In this coming year we will be looking at better communication platforms to engage members and send reminders to renew membership as well as for nominations for the Dale Shaffer Award and lifetime memberships.

I hope this letter finds you all well and can encourage you to renew your membership. We wouldn't be where we are without our member support and being able to provide our annual continuing education course as well as provide support for the current PT classes. Although we are an alumni association, we know we have all benefitted from the support of the MCPTAA in our years at Mayo and hope you all can help “pay it forward” to current classes.

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

10 year history of Dale Shaffer Outstanding Award winners:

- 2009: Nancy Erickson
- 2011: Kathy Cieslak
- 2017: Michael Harris-Love & Michelle Harris-Love

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

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.

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,

As chair of the MCPTAA Alumni Fund, I want to thank you for your continued support of the Mayo DPT Program. It is because of your contributions that we are able to continue to support growth and development in the program.

There has been little change in our ability to solicit contributions from alumni through mailings. As a result, our current fund is becoming depleted. Due to an imbalance between the contributions to the account and expenses to support students, the MCPTAA board has taken measures to reduce expenses (Mayo DPT program assistance) in order to maintain this account.

SCHOLARSHIP UPDATE:

- We have raised roughly \$49,000 for the Scholarship Honoring Jim Youdas.
- We will continue to collect funds for this venture, and will utilize these funds for scholarship in Jims name until it reaches an endowment level of \$100,000.

On behalf of the MCPTAA, I would like to thank you for your continuing support! While we have made significant changes to approved expenses to support for the PT program, we continue to provide funds to Mayo DPT students in the following ways:

- Plan to provide Jim Youdas Scholarship to 1 student annually pending funding
- Sponsor 2 students to attend the Combined Sections Meeting or 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

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.

Please contact me with questions!

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

Physical Therapy Program Update – Summer 2019

Welcome to Joy Oberhaus

Joy Oberhaus joined the program in July of 2018 as our Education Administration Coordinator and has integrated herself as a key member of our team. By way of background, Joy hails from Ohio and lived for a number of years in southern California. Her employment history with Mayo Clinic began as an administrative assistant in the Department of Nursing in 2011, then with EnhanceMed/Mayo Clinic Outreach from 2014-2018. Among her multiple roles, Joy largely serves as the program's office manager, admissions coordinator, education technology expert and problem-solver. Hers is the first face people see when they walk into our office area. If you are on Siebens 11 and have a moment, we encourage you to stop in and introduce yourself to Joy as a program alumnus.



Program Accomplishments and Highlights

Beyond the addition of Joy Oberhaus to our team, we are pleased to make you aware of some of our other 2018-2019 accomplishments and highlights.

From a student and graduate perspective, the graduating Class of 2018 had a 96% graduation rate and a 100% first-time pass rate on the national licensure examination. Their average scaled score of 694.7 on the exam exceeded the national average by over 20 points. As a comparison, a score of 600 represents the minimum passing score. 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 (2017-2019), the graduation rate of students enrolled in our program is 99%; the first-time pass rate of 2016-2018 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 2019 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 2018, faculty members authored or co-authored 7 peer-reviewed publications in the 2018-2019 academic year and have 6 additional papers "in press" to be published in 2019 or 2020. Many of the papers include graduates of the program

as co-authors. Those publications include:

- 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;73(7):960-965.
- Traver KJ, Haack RM, **Krause DA**. Ewing sarcoma of the femur. *Journal of Orthopaedic and Sports Physical Therapy*. 2018;48(7):594.
- **Krause DA**, Dueffert LG, Postma JL, Vogler ET, Walsh AJ, **Hollman JH**. Influence of body position on shoulder external rotation strengthening exercises. *SportsHealth*. 2018;10(4):355-360.
- **Rindfleisch 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;36(3):167-171.
- 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;9(10):1244-1250.
- **Rindfleisch 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;47(3):204-209.
- **Krause DA**, Hansen KA, Hastreiter M, Kuhn T, Peichel M, **Hollman JH**. A comparison of various cervical muscle strength testing methods using a handheld dynamometer. *Sports Health*. 2018;11(1):59-63.
- Smith AM, Alford PA, Aubry A, Benson B, Black A, Brooks A, Burke C, D'Arcy R, Dodick D, Eaves M, Eickhoff C, Erredge K, Farrell K, Finnoff J, Fraser DD, Giza C, Greenwald RM, Hanzel M, Hoshizaki B, Huston J, Jorgensen J, Joyner M, **Krause D**, LaVoi N, Leaf M, Leddy J, Leopold J, Margarucci K, Margulies S, Mihalik J, Munce T, Oeur A, Podein S, Prideaux C, Roberts WO, Shen F, Soma D, Tabrum M, Stuart MB, Wethe J, Whitehead J, Wiese-Bjornstal D, Stuart MJ. Proceedings from the Ice Hockey Summit III: Action on Concussion. *Current Sports Medicine Reports*. 2019;18(1):23-34.

- **Youdas JW**, Hubble JW, Johnson PG, McCarthy MM, Saenz ML, **Hollman JH**. Scapular muscle balance and spinal stabilizer recruitment during an inverted row. *Physiotherapy Theory and Practice*. 2019; In Press.
- Boettcher BJ, **Hollman JH**, Payne JM, Johnson AC, Finnoff JT. Can a brief training session prepare sonographers of differing experience to measure the ischiofemoral space? A reliability study. *PM&R*. 2019; In Press.
- Crum EO, Baltz MJ, **Krause DA**. The use of motor learning and neural plasticity in rehabilitation for ataxic hemiparesis: A case report. *Physiotherapy Theory and Practice*. 2019; In Press.
- Reisner JH, Franco JM, **Hollman JH**, Johnson AC, Sellon JL, Finnoff JT. Ultrasound assessment of weight-bearing and non-weight-bearing meniscal extrusion: A reliability study. *PM&R*. 2019; In Press.
- Baumgartner J, Gusmer RJ, **Hollman JH**, Finnoff JT. Increased stride-rate in runners following an independent home retraining program: A randomized controlled trial. *Scandinavian Journal of Medicine and Science in Sports*. 2019; In Press.
- Dahlhauser S, Erickson D, **Rindfleisch A**, Vos-Draper T. Fit and function: A clinician's guide to wheelchair and seating prescription. Physical Medicine & Rehabilitation Continuing Education Course, Rochester, MN, October 2018.
- **Krause DA**. Live demonstration of anatomy from a cadaver lab. Presented at: *28th Annual Mayo Clinic Symposium on Sports Medicine*. Rochester, MN, November 2018.
- **Calley DQ**, Fischer S, Nissen A, Pyrz M, Hollman JH. Measurements of hip extension and pelvic inclination in 2 modified Thomas Test stretch positions at the side of the bed (Poster). Presented at: *American Physical Therapy Association 2019 Combined Sections Meeting*, Washington, DC, January 2019.
- **Cloud-Biebl BA**, Lahti A, Lindstrom CJ, Svendsen R, Weigel S. Incidence of clinically diagnosed upper extremity pain and pathology in individuals with spinal cord injury (Poster). Presented at: *American Physical Therapy Association 2019 Combined Sections Meeting*, Washington, DC, January 2019.
- **Hellyer NJ**, Blyakher S, Costello S, Wohnoutka K. Minimum detectable change in heart rate variability for young, active adults (Poster). Presented at: *American Physical Therapy Association 2019 Combined Sections Meeting*, Washington, DC, January 2019.

Moreover, several faculty members presented at conferences and/or courses in 2018-2019:

- **Krause DA**. Evaluation and rehabilitation of common sports injuries. Presented at: *Mayo Clinic Summer Pediatric Reviews 2018*, Minneapolis, MN, June 2018.
- **Cloud-Biebl BA**. Shoulder kinematics and supraspinatus proximity during level and simulated ramp propulsion (Thematic Poster). Presented at: *42nd Annual Meeting of the American Society of Biomechanics*, Rochester, MN, August 2018.
- **Hollman JH**, Beise NJ, Fischer ML, Stecklein TL. Hip extensor fatigue alters hip and knee coupling during step-downs: A randomized controlled trial (Podium). Presented at: *42nd Annual Meeting of the American Society of Biomechanics*, Rochester, MN, August 2018.
- **Hollman JH**, Beise NJ, Fischer ML, Stecklein TL. A cross recurrence quantification analysis of hip muscle EMG coupling during step-downs (Thematic Poster). Presented at: *42nd Annual Meeting of the American Society of Biomechanics*, Rochester, MN, August 2018.
- **Hollman JH**, Beise NJ, Fischer ML, Stecklein TL. Hip extensor fatigue alters hip and knee coupling during step-downs: A randomized controlled trial (Poster). Presented at: *American Physical Therapy Association 2019 Combined Sections Meeting*, Washington, DC, January 2019.
- **Krause DA**, Hansen KA, Hastreiter MJ, Kuhn T, Peichel M, Hollman JH. A comparison of various cervical muscle strength testing methods using a handheld dynamometer (Poster). Presented at: *American Physical Therapy Association 2019 Combined Sections Meeting*, Washington, DC, January 2019.
- **Hellyer NJ**, Blyakher S, Costello S, Wohnoutka K. Heart rate variability: Test-retest reliability of Poincare non-linear measures (Poster). Presented at: *PanAm 2019: Physiology Without Borders, 2nd PanAmerican Congress of Physiological Sciences*, Havana, Cuba, May 2019.

Accreditation Highlights

In March of 2019, we hosted a three-person on-site review team from the Commission on Accreditation in Physical Therapy (CAPTE) for four days as part of our re-accreditation process. While we will not formally know of CAPTE's decision regarding our continued accreditation status until after the October 2019 CAPTE meeting, the on-site reviewers' exit summary and subsequent visit report were very positive. For example, the on-site reviewers stated in the visit report, "Students are held to rigorous academic standards in a climate of a highly supportive faculty." Additionally, the on-site reviewers identified several practice expectations as strengths of the program including:

Communicate effectively with all stakeholders, including patients/clients, family members, caregivers, practitioners, interprofessional team members, consumers, payers and policymakers;

- Access and critically analyze scientific literature;
- Identify, evaluate and integrate the best evidence for practice with clinical judgment and patient/client values, needs, and preferences to determine the best care for a patient/client; and
- Identify career development and lifelong learning opportunities, including the role of the physical therapist in the clinical education of physical therapist students.

Student Recruitment Highlights

In August of 2018 we enrolled a class of 28 highly qualified students who make up the Class of 2021. The enrolling class profile is as follows:

- 17 women and 11 men;
- Mean age at application of 23 years, range 20 to 31 years;
- Mean cumulative undergraduate grade point average of 3.80;
- Mean prerequisite grade point average of 3.80;
- Mean scores at the 74th, 62nd and 67th percentiles, respectively, on the verbal reasoning, quantitative reasoning and analytical writing subscales of the GRE;
- 18 students of Caucasian, 6 students of Asian and 4 students of Hispanic race/ethnicity;
- 11 states of residence represented; 46% of students (13 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.

2019 Graduation Highlights

The number of students who have graduated from our program since the inaugural class graduated in 1939 reached 2,638 students this year. On May 24, 2019, we graduated 28 physical therapists, the 13th class to graduate from Mayo with the Doctor of Physical Therapy degree. Congratulations to the Class of 2019! We look forward to their professional accomplishments and to their contributions to the Alumni Association. Dr. David Krause gave the keynote address and Matthew Hastreiter provided the student address. The following graduates were recognized for awards presented at the 2019 commencement ceremony:

- **Whitney Walker** received the MCPTAA Outstanding Clinical Performance Award, selected by clinical faculty to recognize exceptional clinical performance by a graduating student.



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



- **Cassandra (Cassie) Lindstrom** received the Gordon J. Branes Award, which honors the graduating student with outstanding academic achievement in the physical therapy curriculum.



- **Rachel Svendson** 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.



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



Congratulations to Whitney, Stephen, Cassie, Rachel and Sam 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 6th year. **Debra Ness** coordinates the neurology residency and **Corey Kunzer** coordinates the sports residency, which are both in their 3rd year. Each of these programs is accredited through the American Board of Physical Therapy Residency and Fellowship Education. In 2018, three of our graduating

physical therapy residents were hired as physical therapy staff in the PM&R Department, one from each program.

Darcy Dalen joined the neurorehabilitation practice at the Mayo Clinic Hospital-Saint Marys Campus, **Pete Johnson** joined the Mayo Clinic Hospital-Methodist Campus practice and **Owen Runion** joined the sports medicine practice at Mayo Clinic Square in Minneapolis. 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.

As always, we invite you to view our web site at <https://college.mayo.edu/academics/health-sciences-education/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 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 2019

Row 1: (bottom): Kaitlin Wohnoutka, Taylor Stecklein, Allison Reiplinger, Whitney Walker

Row 2: Rebecca Dykstra, Jessica Solfest, Mary Kleis, Sonya Blyakher, Jinise Trueblood

Row 3: Kelsey Hansen, Kelsey Harms, Megan Zimmerman, Rachel Svendson, Kaitlyn Neville

Row 4: Taylor Kuhn, Cassandra Lindstrom, Matthew Hastreiter, Nicholas Beise, Molly Peichely

Row 5: Megan Pyrz, Samuel Weigel, Erik Krueger, Ashley Lahti

Row 6: Aaron Nissen, Michelle Fischer, Stephen Thompson, Sarah Costello, Samuel Fischer



Fall Gathering

Mayo Clinic Physical Therapy Alumni Association will be hosting the 7th Annual Fall Gathering with current students, faculty, and alumni this fall in conjunction with the Fall Course (*Improving Core Strength and Stability*). The Fall Gathering is Friday, September 20, at Soldiers Field Park from 6-8 pm (near 2nd Ave SW and 7th St SW). The MCPTAA will host with food, drink, and an opportunity to connect with others. RSVP by September 13th to (traver.katie@mayo.edu).

Attendance to the Fall Gathering is free for current students and included in the registration cost for the Fall Course (*Improving Core Strength and Stability*). If you are not attending the Fall Course and not a current PT student, there will be a \$5 charge per person. Please join us for this growing tradition!

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 2019

Mayo Clinic Physical Therapy Alumni Association presents:

Improving Core Strength and Stability

By Summit Professional Education; presented by Sarah Petrich, PT, DPT, PRC, PMA®-CPT

September 21, 2019

CEUs: 6 Contact Hours

Location: Judd Auditorium, Mayo Building subway level
200 First St. SW, Rochester, MN 55905

Course Description

This course will cover the comprehensive evidence of Pilates and instruct clinicians on implementing the principles of Pilates into evidence-based practice. Each principle will be practice using multiple exercises throughout the day learning appropriate modifications based on patients' needs. Participants will practice treatment planning considerations for low back, thoracic, neck, hip, knee and shoulder injuries. Participants will also discover techniques to best activate and facilitate desired muscle engagement while inhibiting others. Ultimately, each participant will enhance their reasoning for prescribing specific exercises, be more effective at instructing exercises, and be able to progress patients to greater efficient functional movement.

About Your Instructor

Sarah Petrich, PT, DPT, PRC, PMA®-CPT, is a licensed physical therapist and Pilates Instructor with Studio U, a physical therapy clinic and Pilates studio in Minneapolis, Minnesota. Dr. Petrich has worked in a variety of orthopedic outpatient settings including both sports medicine and chronic pain facilities utilizing primarily a functional movement and neuromuscular approach to treatment. Dr. Petrich holds a certification in Postural Restoration and is also an affiliate course instructor through the Postural Restoration Institute.

Dr. Petrich is certified through the Pilates Method Alliance as a Pilates instructor. Her training was primarily through Polestar, a rehab-based approach to Pilates, as has Stott and Balanced Body training. Dr. Petrich received her Bachelor's degree in Exercise Science, her Master's degree in Physical Therapy, and her Doctorate in Physical Therapy from the College of St. Catherine in Minneapolis, Minnesota. Dr. Petrich is a founding member of the Minnesota Dance Medicine Foundation (MDMF). She manages their non-profit clinic for underinsured dancers and promotes dance health through community education.

Course Objectives

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

1. Explain the principles and research of Pilates-based exercises and their importance in efficient movement and mechanics.
2. Develop an effective treatment plan based on assessment considerations.
3. Determine exercises most appropriate for spine, shoulder, hip and knee pathologies.
4. Perform modifications to exercises based on individual diagnoses and impairments.
5. Integrate Pilates exercises to improve functional tri-planar movements including gait.
6. Discover effective cueing and teaching strategies for successful exercise instruction.
7. Summarize the best documentation principles for accurate reimbursement.

Course Title:

Improving Core Strength and Stability

Course Date:

Saturday, September 21, 2019: 8 am – 3 pm

Registration starts at 7:15am continental breakfast provided.

Morning break- snack and beverages provided

Lunch-Provided

Course Location:

Judd Auditorium

Mayo Building subway level

200 First St. SW

Rochester, MN 55905

(507)-538-1663

**Please use entrance on west side of the Gonda Building*

Parking-Free parking at all Rochester City Ramps.

Course Cost:

\$219.00

Registration Deadline:

Saturday, September 7, 2019

Register online via: <https://2019mcptaacourse.eventbrite.com>

CEU's:

- PT- 6 contact hours
- OT- 0.6 AOTA CEU's has been awarded for this course
- Athletic Trainers- 6 Category A hours/CEUs

Course Outline

I. Pilates-Based Exercises for Rehabilitation and Core Strengthening

- History Of Pilates
- Pilates principles
- Evidence-based research

II. Examination Considerations to Determine Movement Dysfunctions

- Spinal positions/postural faults
- Flexibility/strength
- Neuromuscular patterns

Hands-On Lab

III. Principles for Creating a Stronger Core Across Populations

- Breathing
- Alignment
- Core control
- Spinal articulation
- Weight bearing/grounding
- Movement and functional integration

Hands-On Lab

IV. Best Exercises for Functional Treatment Planning for Various Disorders and Chronic Pain

- Best exercises for treating low back, hip and knee
- Best exercises for thoracic spine, shoulder, and neck
- Pilates for daily living
- Special precautions/contraindications for osteoporosis, disc injuries, and scoliosis
- Treating asymmetrical movement patterns
- Hierarchy of treatment progression

Hands-On Lab

V. Effective Home Exercises and Compliance Programs

- Cueing techniques
- Proprioception considerations
- Neurological inhibition and facilitation

Hands-On Lab

VI. Documentation for Accurate Reimbursement

- Documentation considerations

**Please look for the 2019 registration brochure in your mail for more details.*

If special accommodations are needed please contact Traver.Katie@mayo.edu

Previous MCPTAA sponsored courses include:

2018 Fall Course

The LSVT BIG Training and Certification Workshop

By LSVT Global

2017 Fall Course

Therapy Skills Upgrade: Dementia Management for Rehab Professionals

By Heather Peabody MS, OT/L

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.

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.

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.

Class of 2009- 10 year reunion

Class of 2009, can you believe it's been 10 years?!? If you would be interested in attending a class reunion the weekend of September 20-22, 2019 that would coincide with the MCPTAA fall conference, please contact Katie Hoffmann at Pilger.kathryn@gmail.com as soon as possible. If there is enough interest, we will work to get something put together!

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.

MCPTAA EXECUTIVE BOARD MEMBERS: 2018-2019

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

Public Relations: Stephanie Carlson, Eric Smoyer

Bylaws Committee: Julia Boysen

Physical Therapy School Liasons: John Hollman- Director, Matthew Hastreiter- Class of 2019 President, Lauren Petronack- Class of 2020 President, Lucas Utley- Class of 2021 President

MEMBERSHIP DUES FORM

Enclosed is \$25 made payable to MCPTAA to make me an active member for 2019.
(Expiring 12/31/2019 You may pre-pay for 2020.
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: **Deb Oscarson**
Mayo Clinic Physical Therapy Alumni Association
Mayo Clinic Alumni Center-Siebens 5th Floor
200 First Street SW
Rochester, MN 55905

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Rochester, MN 55905

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