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## Physical Therapy Alumni Association

### President's Letter

To my fellow alumnus,

It's my pleasure to be able to reach out to you again as President for a third year! I hope that this letter finds you well during these trying times and that you are safe and prospering. In this unprecedented season of life, it's always encouraging to watch individuals and organizations working towards making a difference and spreading hope that better days are ahead. We, the MCPTAA, want you to know that we are deeply appreciative of your contribution towards our efforts. We are continuing to strive towards providing assistance to the current physical therapy students but to also keep alumni connected to the Mayo Physical Therapy Program.

Before I discuss our plans for the future let me take a moment to inform you of the current status and proceedings within the MCPTAA. We have had several changes within positions on the board this year and this fall will mark a transition of power to the new President Katie Traver. Katie will be a fantastic President and we are excited to have her take on this role. Process development continues within the MCPTAA and we are working on adapting to stay most relevant to our alumni and to the current therapy students. Social media remains one of our best ways to keep you informed of the latest updates within the school so please keep connected. Unfortunately, this year because of the COVID-19 pandemic, we will be unable to host a fall course, however, as of now, we are still planning to have the fall gathering.

Although we have been able to make great changes within the MCPTAA, acquiring funding continues to be our most significant challenge. New rules and regulations have made it very difficult to be able to obtain donations. This in turn has caused us to make hard choices in regards to what we are able to provide for students. We are working on ensuring that budgetarily we are able to maintain a positive margin while being able to supply students with opportunities such as going to national conferences or providing money for scholarships. With all this said, we continue to need your help. Please consider continuing your active membership and stay in touch with the MCPTAA so that we can better serve you and our students.

Our plans for the future are three fold. To be able maintain a positive financial margin, to increase our active alumni membership roster and to be able to provide more opportunities and assistance to our students and alumni. We have a great team assembled and we are working diligently on making these plans a reality. Thank you for taking the time to read through this newsletter and please know that your contribution to the MCPTAA will either directly or indirectly affect the success of the school and students. Keep in touch on Facebook and be on the lookout for any updates coming through. 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 improve the MCPTAA. Thank you again for all of your support!

Sincerely,  
Adam Carlson, PT, DPT  
Class of 2011

## Vice President's Letter

Wow...2020 has been one heck of a year and it's only half over! First a big thank you to all of those who are working on the front lines. Your contributions to patient recovery are often overlooked. These last few months have been the most uniquely challenging months of my career and I'm sure many of you feel the same. I'm hopeful the "new normal" will start to seem normal soon.

MCPTAA, like every other organization, has had to make some adjustments based on the pandemic. We are not planning for a fall course this year. With our course enrollment being low in normal years, we felt our likelihood of a profitable course would be low. Our fall gathering also might look different this year. It is tentatively scheduled for September but our final decision will come in late August. Keep a look out for a communication on this event.

Many things on the board remain the same. We continue to look for new ways to serve our alumni and current students. We are also looking for feedback, suggestions, and new ideas. If you have any interest in assisting us with our mission please reach out. We would love to hear from you!

As always, remember to renew your membership to support our mission!

Respectfully,  
Katie, PT, DPT, ATC  
MCPTAA Vice President

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## 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:

to the profession of Physical Therapy. These contributions may include, but not limited to:

- Physical Therapy Practice: Demonstrating service to the profession in patient care, consultation, administration, or as a liaison to other health care professions. (10 points)
- Research: Contributing to the field of Physical Therapy via published research result. (10 points)
- 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)
- Leadership: As demonstrated in a Physical Therapy setting or any related organization. (10 points)
- Innovator: Developing techniques or approaches to problems in Physical Therapy that are new and further the profession of Physical Therapy. (10 points)
- Active Participation in the MCPTAA: Being an active member of the MCPTAA through membership, volunteering assistance or serving on the executive board. (4 points)
- Community Service: being active in service organizations, local, state or federal government on elected or voluntary basis. (3 points)
- 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:**

2009: Nancy Erickson

2011: Kathy Cieslak

2017: Michael Harris-Love & Michelle Harris-Love

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## 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:

- Admissions and Orientation to the PT program
- Orientation to Mayo facilities
- Health educational resource materials and facilities
- 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:

- Orientation to specific clinical sites and facilities
- Providing clinical education services
- 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:

- Data Collection and analysis
- Chart Review
- Literature searches and review
- 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

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## Alumni Fund Update

Greetings Fellow Alumni,

"The only thing that is constant is CHANGE". We have all been thrust into change in the year 2020.

MCPTAA is not immune to change, but we are able to adjust to change. The MCPTAA is also making changes to our budget and solicitation/fundraising options in order to sustain our group, with the purpose of supporting the PT program and students.

Since we no longer request contributions by mail, we continue to encourage you to support Mayo Clinic through your contributions on the Mayo Development Webpage. If you wish to support the MCPTAA or the Annual Jim Youdas Scholarship please specify as noted below. This is the only way to sustain the MCPTAA!

- Go to <https://philanthropy.mayoclinic.org/donateMC>
- Select the amount you wish to contribute
- Under Designation select “other”
- In “Other designation”
- \*\*List: Mayo Clinic Physical Therapy Alumni Association OR Jim Youdas Scholarship Fund in the designation box

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 and MNPTA Conference
- 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

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## Physical Therapy Program Update – Summer 2020

### COVID-19

The 2019-2020 academic year will no doubt be remembered as one of the most tumultuous years in our program’s history. The COVID-19 pandemic drastically changed our daily lives. No profession was untouched, nor was any institution, nor any individual. As was true in essentially every academic institution across the country, it produced an upheaval in the ways in which we teach and learn. It produced mass-cancellations of students’ clinical experiences.

On March 16, 2020, we switched abruptly from a traditional in-person program in which content was delivered via live lectures in a classroom and students developed clinical skills in large-group instructor-led live laboratory sessions, to a distance-learning program in which live-streaming and VoiceThreading and video-based labs became our de facto ways of delivering content. Blackboard Collaborate and Zoom and Skype for Business and virtual “town hall” style meetings became our primary vehicles for person-to-person communication. While the abrupt transition posed multiple

challenges and we are still fine-tuning content delivery methods, faculty and students alike rose to the occasion. The transition occurred much more smoothly than any of us could have imagined. Faculty adapted their teaching methods and styles to be delivered in the online environment and students accommodated to the changes productively and successfully. As of this writing and into the foreseeable future, faculty will continue to teach primarily from their homes and, likewise, students will primarily learn in their home environments. Face-to-face lab sessions will be conducted in small-group sessions while masking, social distancing and other infectious disease mitigation strategies are implemented. Despite the stressors, uncertainties and social isolation all of us have experienced, the program rolls on and all our students remain in good academic standing.

## Program Accomplishments and Highlights

Beyond our adaptations to the COVID-19 situation, we are pleased to make you aware of some of many other 2019-2020 accomplishments and highlights.

From a student and graduate perspective, the graduating Class of 2019 had a 100% graduation rate and a 93% first-time pass rate (100% ultimate pass rate) on the national licensure examination. Their average scaled score of 687.3 on the exam exceeded the national average by over 15 points. Graduates of the Program continue to maintain an ultimate pass rate of 100% on the exam and that ultimate pass rate dates back to our first graduating class in 1939. Our graduate outcomes remain excellent, among the strongest of any physical therapy program in the nation. Over the past three consecutive years (2018-2020), the graduation rate of students enrolled in our program is 100%; the first-time pass rate of 2017-2019 graduates on the licensure exam is 98%; 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 peers nationally with a Top 25 ranking in the 2020 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 2019, faculty members authored or co-authored 10 peer-reviewed publications in the 2019-2020 academic year and have 11 additional papers "in press" to be published in 2020 or 2021. Many of the papers include graduates of the program as co-authors. Publications include:

- Rogge J, **Krause DA**. Use of trigger point dry needling as a component of a rehabilitation program for a patient with nonspecific chronic low back pain and a history of a lumbar discectomy. *Orthopaedic Physical Therapy Practice*. 2019;31(3):136-142.
- Boettcher BJ, Finnoff JT, **Hollman JH**, Stuart MJ. Ultrasound-guided cutting wire release of the proximal adductor longus tendon: A feasibility study. *The Orthopaedic Journal of Sports Medicine*. 2019;7(8). DOI: 10.1177/2325967119866010
- Boettcher BJ, **Hollman JH**, Payne JM, Johnson AC, Finnoff JT. Can a brief training session prepare physician sonographers of differing experience to measure the ischiofemoral space? A reliability study. *PM&R*. 2019;11:142-149. DOI: 10.1016/j.pmrj.2018.06.014
- Coleman-Ferreira K, Tovin M, Rone-Adams S, **Rindfleisch A**. Achieving clinical instructor competence: A phenomenologic study of clinical instructors' perspectives. *Journal of Physical Therapy Education*. 2019;33(3):224-235. DOI: 10.1097/JTE.000000000000106
- 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;29(11):1789-1796. DOI: 10.1111/sms.13509
- 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*. 2020;12(1):26-35. DOI: 10.1002/pmrj.12183

- **Hollman JH**, Beise NJ, Fischer ML, Stecklein TL. Hip extensor fatigue alters hip and knee coupling dynamics during single-limb step-downs: A randomized controlled trial. *Journal of Biomechanics*. 2020;109583. DOI: 10.1016/j.jbiomech.2019.109583
- **Hollman JH**, Von Arb HM, Budreck AM, Muehlemann A, Ness DK. Treadmill walking alters stride time dynamics in Parkinson's disease. *Gait & Posture*. 2020;77:195-200. DOI: 10.1016/j.gaitpost.2020.02.005
- Nagai T, Schilaty ND, **Krause DA**, Crowley EM, Hewett TE. Sex differences in ultrasound-based muscle size and mechanical properties of the cervical-flexor and -extensor muscles. *Journal of Athletic Training*. 2020;55(3):282-288. DOI: 10.4085/1062-6050-482-18
- **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*. 2020;36(3):432-443. DOI: 10.1080/09593985.2018.1486491
- 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*. 2020; In Press. DOI: 10.1080/09593985.2019.156694
- Fortune E, **Cloud-Biebl BA**, Madansingh SI, Ngufor CG, Van Straaten MG, Goodwin BM, Murphree DH, Zhao KD, Morrow MM. Estimation of manual wheelchair-based activities in the free-living environment using a neural network model with inertial body sensors. *Journal of Electromyography and Kinesiology*. 2020; In Press. DOI: 10.1016/j.jelekin.2019.07.007
- **Krause DA**, Anderson S, Campbell G, Davis SJ, Tindall S, **Hollman JH**. Responsiveness of a balance assessment using a mobile application. *Sports Health*. 2020; In Press.
- **Rindfleisch AB**, **Hake MP**, Trueblood JK, Spiten MA, Reiplinger AF, Dykstra RL, **Hollman JH**. Physical performance following hematopoietic stem cell transplantation: A prospective observational study. *Rehabilitation Oncology*. 2020; In Press. DOI: 10.1097/01.REO.0000000000000203
- **Youdas JW**, Baartman HE, Gahlon BJ, Kohnen TJ, Sparling RJ, **Hollman JH**. Recruitment of shoulder prime movers and torso stabilizers during push-up exercises with a suspension training system. *Journal of Sport Rehabilitation*. 2020; In Press.
- Sytsma TT, **Krause DA**, **Hollman JH**, Leep Hunderfund AN, Newcomer KL. Qualitative and quantitative evaluation of an interprofessional workshop between physical therapy and medical students. *Journal of Interprofessional Care*. 2020; In Press. DOI: 10.1080/13561820.2019.1702002
- Madansingh SI, Fortune E, Morrow MM, Zhao KD, **Cloud-Biebl BA**. Comparing supraspinatus to acromion proximity and kinematics of the shoulder and thorax between manual wheelchair propulsion styles: A pilot study. *Clinical Biomechanics*. 2020; In Press. DOI: 10.1016/j.clinbiomech.2020.01.016
- Boettcher BJ, Finnoff JT, **Hollman JH**, Stuart MJ. Ultrasound-guided cutting wire release of the posterior iliotibial band: A feasibility study. *PM&R*. 2020; In Press. DOI: 10.1002/pmrj.12340
- **Krause DA**, **Hollman JH**. Electromyographical analysis of hip muscle activation during a single limb lateral slide exercise. *International Journal of Sports Physical Therapy*. 2020; In Press.
- **Youdas JW**, Kleis M, Krueger ET, Thompson S, Walker WA, **Hollman JH**. Recruitment of shoulder complex and torso stabilizer muscles with rowing exercises using a suspension strap training system. *Sports Health*. 2020; In Press.
- Oldenburg HY, Snyder K, **Hollman JH**, Heinle DK. A comparison of clinical reasoning among

rehabilitation students during experiential learning. Journal of Allied Health. 2020; In Press.

**Moreover, several faculty members presented at conferences and/or courses in 2019-2020:**

- **Hellyer NJ**, Deardorf K, Hagberg S, Nagel S, Wilshusen M. Comparison of seated battle rope training exercise intensities in healthy, young adults. Presented at: American Association of Cardiovascular and Pulmonary Rehabilitation 34th Annual Meeting, Portland, OR, September 2019.
- **Krause DA**, Soma D. Evaluation and rehabilitation of common sports injuries. Presented at: Mayo Clinic Pediatric Days, October 2019, Chicago, IL.
- **Krause DA, Calley DQ**. Interprofessional education activities between physical therapy learners and other professions at Mayo Clinic. Presented at: 2019 Association of Schools of Allied Health Professions (ASAHP) Annual Conference, Charleston, SC, October 2019.
- **Bogard CL**, Takahashi PY. Falls, the silent epidemic. Presented at: Community Internal Medicine (CIM) Conference, Rochester, MN, October 2019.
- **Rindfleisch AB**. The findings of the placement process taskforce and implications for clinical education in physical therapist and physical therapist assistant education (education session). Presented at: Education Leadership Conference of the American Physical Therapy Association, Bellevue, WA, October 2019.
- **Krause DA**. Anatomy review of the foot and ankle. Presented at: 29th Annual Mayo Clinic Symposium on Sports Medicine, Rochester, MN, November 2019.
- **Bogard CL**. Experiences of physical therapists caring for persons with overweight: A qualitative systematic review. Presented at: American Physical Therapy Association 2019 Combined Sections Meeting, Denver, CO, February 2020.
- **Hollman JH**, Freer EP, Meisner E, Mommerency S, Warehime JR. Test-retest reliability of dynamic hip and knee coupling measurements with cross recurrence quantification analysis. Presented at: American Physical Therapy Association 2019 Combined Sections Meeting, Denver, CO, February 2020.

## 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. We received official word from CAPTE in November of 2019 that our program's accreditation was reaffirmed for 10 years, with no citations of deficiency and no requirement for the submission of additional compliance reports. The Commission's decision to reaffirm accreditation status for 10 years was based on our compliance with all of CAPTE's standards and required elements. The Commission additionally noted the program is meeting its mission as evidenced by strong student and graduate outcomes that exceed CAPTE requirements.

## Student Recruitment Highlights

In August of 2019 we enrolled a class of 28 highly qualified students who make up the Class of 2022. The enrolling class profile is as follows:

- 17 women and 11 men;
- Mean age at application of 22 years, range 21 to 30 years;
- Mean cumulative undergraduate grade point average of 3.78;



- Mean prerequisite grade point average of 3.76;
- Mean scores at the 71st, 62nd and 75th percentiles, respectively, on the verbal reasoning, quantitative reasoning and analytical writing subscales of the GRE;
- 24 students of Caucasian, 3 students of Asian and 1 student of American Indian race/ethnicity;
- 15 states of residence represented; 39% of students (11 of 28) from Minnesota

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

## 2020 Graduation Highlights

While the 2020 commencement ceremony was cancelled secondary to the COVID-19 pandemic, we nevertheless graduated another outstanding class of students. Following this year's graduation, the number of students who have graduated from our program since the inaugural class graduated in 1939 reached 2,667 students. On May 22, 2020, we graduated 29 physical therapists, the 14th class to graduate from Mayo with the Doctor of Physical Therapy degree. Congratulations to the Class of 2020! We look forward to their professional accomplishments and to their contributions to the Alumni Association. The following graduates were recognized with 2020's graduate awards:

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



**Elora Koepcke** received the Richard L. Beers Award, which honors the graduating student who wrote the most outstanding scholarly paper.



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



**Sean Mommerency** 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.



**Sarah Anderson** 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 Jacob, Elora, LaDeanna, Sean and Sarah for their outstanding achievements in the Program in Physical Therapy!

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## 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 7th year. **Debra Ness** coordinates the neurology residency and **Corey Kunzer** coordinates the sports residency, which are both in their 4th year of existence. Each of these programs is accredited through the American Board of Physical Therapy Residency and Fellowship Education. The orthopaedic residency program was re-accredited in 2019. Each residency program offers a 54-week 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.

Graduates from all three Mayo Clinic Physical Therapy Residency programs in Rochester continue to have 100% 1st time pass rate on the American Board of Physical Therapy Specialties (ABPTS) specialty exam with scores well above the national average. Additionally, 100% of resident graduates have obtained employment in a physical therapy practice setting related to their specialty area. 2019 was the first year that we awarded residents, faculty, and mentors for outstanding achievement in our residency programs. Residents and faculty were recognized in 2019 as follows:

- **Allison Budreck** and **Allyson Muehlemann** were both recognized with the Outstanding Resident Final Project Award.
- **Aaron Hellem** received the Outstanding Residency Educator Award
- **Kayla Johnson** received the Outstanding Residency Mentor Award



Allison Budreck



Allyson Muehlemann



Aaron Hellem



Kayla Johnson

Congratulations to Allison, Allyson, Aaron and Kayla for their outstanding achievements in the residency programs!

The COVID-19 pandemic also had a significant influence on physical therapy residency programs throughout the country, including our own. Beginning in March 2020, residents from all three Rochester residency programs spent some time working from home, adapting to live-streamed coursework and modified clinical hours. Despite the disruptive changes, physical therapy residents, mentors, and faculty have adapted well and all physical therapy residents are on track for an August 2020 graduation.

In addition to the residency programs offered in Rochester, Mayo Clinic Arizona offers a geriatric physical therapy residency for one resident annually, Mayo Clinic Florida will begin offering an orthopaedic residency for two residents annually in 2021, and Mayo Clinic Health System –

Franciscan Healthcare in La Crosse, WI, will begin offering an orthopaedic residency.

### 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](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

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## CLASS OF 2020



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Row 1: (bottom): Beth Cloud-Biebl, Ph.D., P.T., D.P.T.; David Krause, P.T., D.Sc., OCS; Aaron Rindflesch, Ph.D., P.T., NCS; Nathan Hellyer, Ph.D., P.T.; John Hollman, Ph.D., P.T.; Darren Calley, P.T., DScPT, OCS; Connie Bogard, Ph.D., P.T.; Melissa Hake, P.T., DScPT;

Row 2: DeAnn Horsman, Molly Warshaw, Ellen Meisner, Samuel Tindall, Sonya Hagberg, Lauren Petronack, Sarah Hanson, Kent Deardorff, Alex Nagel, Tanner Knutson, Leah Putzier, Joy Oberhaus;

Row 3: Sarah Anderson, Ellen Larkin, Elora Koepcke, Karli Kerzman, Jaclyn Warehime, Megan Piotrowski, Shannon Moore, Jeremy Houser, Sean Mommerency, Jason Schultz;

Row 4: LaDeanna Swanson, Michael Wilshusen, Graeme Campbell, Samson Davis, Jacob Bengtson, Gabriel Langseth, Ethan Freer, Kathleen Michaels, RJ Sparling

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## Fall Gathering

Due to the evolving COVID-19 guidelines we do not have a confirmed date for our Annual Fall Gathering. Our hope is to host an event in September in Rochester, Minnesota. Forthcoming event information will be posted on the MCPTAA Website. Please refer to it often for any updates.

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## MCPTAA Website

The MCPTAA website (formerly: <http://mcptaa.org>) 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, re-connect with alumni, view featured 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 MCPTAA sponsored courses.

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## Ambassador Program



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

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## 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.

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## 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

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## 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

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## MCPTAA EXECUTIVE BOARD MEMBERS: 2018-2019

**President:** Adam Carlson

**Past President:** LeRae Scroggins

**Vice President:** Katie Traver

**Treasurer:** Ryan Buus

**Secretary:** Allison Thompson

**Alumni Fund:** Bryce Beckman

**Nominating/Membership Committee:** Kelsie Miller, Shanna Britt

**Program Committee:** Katie Traver, Crystal Whitmarsh

**Public Relations:** Collier Amundson

**Bylaws Committee:** Julia Boysen

**Website:** Eric Smoyer

**Physical Therapy School Liasons:** John Hollman- Director, Lauren Petronack- Class of 2020  
President, Lucas Utley- Class of 2021 President, Kelli Holloway – Class of 2022 President

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