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Physical Therapy Alumni Association

Mayo Alumni Association Newsletter 2021

President's Letter

To my fellow Mayo alum,

The challenges of the last year have been unprecedented but I hope this newsletter finds you all well with normalcy returning to your work and personal lives. It is my privilege to be writing to you as the new Mayo Clinic Physical Therapy Alumni Association Board President. As you know, the MCPTAA board is an incredibly motivated and dedicated group of professionals and I look forward to supporting this group over the next 3 years. Our overarching mission remains the same, connect and serve current and future alumni. However, our methods to achieve this mission continue to evolve.

Where to begin...the world has changed so much since our last newsletter and the alumni board is no different. We had our scheduled changing of the guard for the past-president, president, and vice-president roles. We've had several committee position changes and welcomed new board members. Sadly, we also made the tough decision to cancel the 2020 and 2021 fall course and fall gathering due to pandemic and social gathering restrictions.

With challenge comes progress. Our pause in course planning has given us the time to focus on new efforts to increase engagement and fundraising. Our new flagship effort is our mentorship program. Both Kelsie Miller and Shanna Britt, from the membership committee, have done an outstanding job. In its first year, we successfully paired 33 students with mentors. In total, we had 63 volunteers to be mentors. We have not had a program engage this many in years. We are enjoying the success and looking forward to launching the second year of the program soon. For more detail on the program and information on how to get involved see below.

Although the mentor program is off to a great start, we continue to have ongoing challenges with fundraising. Historically, the revenue from our continuing education course would be enough to support the association's activities. Unfortunately, over the last 10 years the course has failed to bring in enough revenue to cover expenses. We have had to cut the number of student activities we support due to the difficulty with fundraising. To avoid further cuts, we continue to look for new fundraising opportunities and look to all alum for additional ideas.

Ongoing efforts of the board will continue to focus on minimizing financial loss, increasing active alumni membership, and increasing opportunities for current and future alumni. These goals take effort and the board can't do it alone. If you are reading this, you are interested in staying connected to the Mayo Clinic PT community. I ask you support us in any way you can. We always welcome donations and membership renewals. We also have several open positions on the board. We truly can't do this without you.

As always, if you have interest in participating or ideas for us, don't hesitate to reach out to any

board member. We welcome your input and support as we grow our Mayo Clinic P I family.

Gratefully,
Katie Traver, PT, DPT, ATC
Class of 2012
Traver.Katie@mayo.edu

Alumni Fund Update

Greetings Fellow Alumni,

We continue to be thankful for the support from our Alumni as you continue to support the MCPTAA through your time, talents, and contributions. Our contributions, however, have decreased over the last 5 years to the point where our typical expenses were greater than the contributions we have received. While we continue to provide support for promoting the highest level of achievement for our students and colleagues, the past year has forced us to re-imagine and re-organize our priorities to help sustain our group.

On a positive note, we have worked closely with development and our many benefactors to operationalize the James W. Youdas scholarship starting with the 2021-2022 academic year. While we were unable to reach our goal to create an endowed fund, we have decided to utilize the monies raised to fulfil the intent and provide a scholarship of \$2,500 to two students for the next 10 years. Our first award recipients were selected and notified in May 2020. We want to thank all our benefactors in supporting this venture!

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 James W. 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 meeting.
- Funding the James W. Youdas scholarship to help offset the cost of student tuition and
- Provide funds for Anatomy and Neuroscience tutors.
- Promoting community engagement.

For further information please contact Eric Smoyer.

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

MCPTAA Recognition Awards

- Do you know someone deserving that has made a difference in the physical therapy profession in leadership, mentoring, research, education or practice?
- Do you know someone who has contributed to the student educational process? A person that has had an positive and impact on the student that will leave a lasting
- Did you know that we have had no nominations in the last few years?
- There are a large number of potential nominees for the Dale Shaffer Outstanding Alumnus award.
- Did you know Mayo Clinic School of Health Sciences has had an average of 30 physical therapy students per year graduate since 1939?

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

Dale Shaffer Outstanding Alumnus

Purpose: This award has been established to honor a Mayo Clinic Physical Therapy Alumni for his/her outstanding contribution in the field of Physical Therapy.

Eligibility: Any graduate of the Mayo School of Physical Therapy

Criteria: The recipient will be any person who has made outstanding achievements or contributions to the profession of Physical Therapy. These contributions may include, but not limited to:

1. Physical Therapy Practice: Demonstrating service to the profession in patient care, consultation, administration, or as a liaison to other health care professions. (10 points)
2. Research: Contributing to the field of Physical Therapy via published research result. (10 points)
3. Education: Improving the field of Physical Therapy by fostering the development of quality learning experiences by teaching in an academic, clinical, in-service setting or through development of new teaching methods. (10 points)
4. Leadership: As demonstrated in a Physical Therapy setting or any related organization. (10 points)
5. Innovator: Developing techniques or approaches to problems in Physical Therapy that are new and further the profession of Physical Therapy. (10 points)
6. Active Participation in the MCPTAA: Being an active member of the MCPTAA through

membership, volunteering assistance or serving on the executive board. (4 points)

7. Community Service: being active in service organizations, local, state or federal government on elected or voluntary basis. (3 points)
8. Professional Organizations: Being active in any professional organization, including the APTA or special interest groups. (3 points)

Method of Nomination: Nominees must be recommended by a current active Mayo Alumni. Nominations will be made on the form provided by the MCPTAA

Selection Criteria: The Executive Board of the MCPTAA will have the responsibility of evaluating the nominees and selecting a recipient of the award at the annual spring executive board meeting. The outstanding nominee must have 70% of the total points available, with only one award being presented per year. Awards are not necessary each year.

Recognition: The outstanding alumni will be recognized with a plaque at the Annual Fall Meeting, and will also receive free lodging and registration to the program. The recipient's name will be added to the Outstanding Alumni plaque located outside the Physical Therapy School.

10 year history of Dale Shaffer Outstanding Award winners:

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

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

Physical Therapy Program Update – Summer 2021

The 2020-2021 academic year was certainly different and challenging. COVID-19 altered our social interactions. Sociocultural upheavals throughout the nation and in Minnesota in particular changed communications about race, ethnicity, and disparities. Both series of events forced us into new ways of teaching and learning and thinking and communicating. But as we move into the summer of 2021, as we begin to see the light at the end of the dark COVID tunnel, as masking and social distancing restrictions are being lifted across the nation, and as our communications about race and ethnicity and disparities have changed, perhaps there was a silver lining. We all learned we can teach and learn in the virtual environment. We became more adept at livestreaming with Blackboard Collaborate and Zoom. We became more adept at “chunking” small bits of content for asynchronous learning. We became more adept at providing a hybrid model of education that combines in-person face-to-face learning experiences with online, remote learning experiences. We added and will continue to modify anti-racism content into the curriculum. The impacts and experiences of teaching and learning through both the COVID-19 experience and sociocultural upheavals will undoubtedly change—for the better—how we offer physical therapy education in the future. Stay tuned for what those changes may be.

Program Accomplishments and Highlights

Beyond our adaptations of the past year, we are pleased to make you aware of some of many other 2020-2021 accomplishments and highlights.

From a student and graduate perspective, the graduating Class of 2020 had a 100% graduation rate and a 97% first-time pass rate on the national licensure examination. The graduates' average scaled score of 703.5 on the exam exceeded the national average by nearly 30 points. 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 2018-2020 graduates on the licensure exam exceeds 96%; 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 2020, faculty members authored or co-authored 18 peer-reviewed publications and 2 book chapters in the 2020-2021 academic year and have 3 additional papers “in press” to be published in 2021 or 2022. Many of the papers include graduates of the program as co-authors. Publications include:

- 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;74:42-50. DOI: 10.1016/j.clinbiomech.2020.01.016
- **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;38(3):122-126. DOI: 10.1097/01.REO.0000000000000203
- Gaw CM, Gibbs CM, Knight JA, **Hellyer NJ**, Langley NR, Van Nulan SE. Ultrasound-based interprofessional education: Priming students for interprofessional collaboration. *International Journal of Health Sciences*. 2020;8(3):1-6. DOI: 10.15640/ijhs.v8n3a1
- **Krause DA**, Anderson S, Campbell G, Davis SJ, Tindall S, **Hollman JH**. Responsiveness of a balance assessment using a mobile application. *Sports Health*. 2020;12(4):401-404. DOI: 10.1177/1941738119888656
- **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;29:993-1000. DOI:10.1123/jsr.2019-0381
- **Krause DA, Hollman JH**. Electromyographical analysis of hip muscle activation during a single limb lateral slide exercise. *International Journal of Sports Physical Therapy*. 2020;15(5):755-762. DOI: 10.26603/ijsp20200755
- Boettcher BJ, **Hollman JH**, Stuart MJ, Finnoff JT. Ultrasound-guided cutting wire release of the posterior iliotibial band: A feasibility study. *PM&R*. 2020;12:1113-1119. DOI: 10.1002/pmrj.12340
- Nagai T, Ueno R, Rigamonti L, Bates NA, **Krause DA**, Crowley EM, Stuart MJ, Schilaty ND. Multidirectional neck strength characteristics in high school football athletes with and without history of sports-related concussion. *Annals of Sports Medicine and Research*. 2020;7(6):1167.
- 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;36(11):1256-1265. DOI: 10.1080/09593985.2019.156694
- Oldenburg HY, Snyder KL, Heinle DK, **Hollman JH**. A comparison of clinical reasoning among rehabilitation students during experiential learning. *Journal of Allied Health*. 2020;49(4):252-257.

- **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*. 2021;13(1):85-90. DOI: 10.1177/1941738120945986
- Sutter-Leve R, Passint E, Ness D, **Rindfleisch A**. The caregiver experience after stroke in a COVID-19 environment: A qualitative study in inpatient rehabilitation. *J Neurol Phys Ther*. 2021;45:14-20. DOI: 10.1097/NPT.0000000000000336
- 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*. 2021;35(1):145-148. DOI: 10.1080/13561820.2019.1702002
- Goodwin BM, Jahanian O, Van Straaten MG, Fortune E, Madansingh SI, **Cloud-Biebl BA**, Zhao KD, Morrow MM. Application and reliability of accelerometer-based arm use intensities in the free-living environment for manual wheelchair users and able-bodied individuals. *Sensors*. 2021;21(4):1236. DOI: 10.3390/s21041236
- Thompson SR, **Krause DA**, **Cloud-Biebl BA**. Physical therapy screening of occult cancer presenting as hip pain in acute care setting. *J Acute Care Phys Ther*. 2021;12(2):72-78. DOI: 10.1097/JAT.000000000000148
- **Hollman JH**, Beise NJ, Fischer ML, Stecklein TL. Coupled gluteus maximus and gluteus medius recruitment patterns modulate hip adduction variability during single-limb step-downs: A cross-sectional study. *J Sport Rehabil*. 2021;30(4):625-630. DOI: 10.1123/jsr.2020-0005
- Fischer SC, **Calley DQ**, **Hollman JH**. Effect of an exercise program that includes deadlifts on low back pain. *J Sport Rehabil*. 2021;30(4):672-675. DOI: 10.1123/jsr.2020-0324
- Reisner JH, Franco JM, **Hollman JH**, Johnson AC, Sellon JL, Finnoff JT. The difference in medial meniscal extrusion between non-weight-bearing and weight-bearing positions in people with and without medial compartment knee osteoarthritis. *PM&R*. 2021;13:470-478. DOI: 10.1002/pmrj.12450
- 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*. 2021; In Press. DOI: 10.1016/j.jelekin.2019.07.007
- Stuart MJ, Smith AM, **Krause DA**, Erredge K, Farrell K, Eickhoff C, D'Arcy R, Fickling S, Breuer L, Moris M, Dodick D. Challenge of obtaining objective diagnoses of concussion in hockey players: From on-ice toward clinical assessment. *Current Sports Medicine Reports*. 2021; In Press.
- **Krause DA**, **Hollman JH**, Breuer L, Smith AM, Stuart MJ. Validity indices of the King Devick concussion test in hockey players. *Clinical Journal of Sport Medicine*. 2021; In Press.
- Moris MR, Stuart MJ, **Krause DA**, Farrell KJ, Caputi MH, Smith AM. Fair play in Minnesota hockey. In: *Safety in Ice Hockey: 6th Volume*; ed. TA Smith & AB Ashare; West Conshohocken, PA: ASTM International, 2020, 102-107. <http://doi.org/10.1520/STP162520190051>.
- **Krause DA**, **Hellyer NJ**, **Cloud-Biebl BA**. Teaching anatomy to students in a physical therapy education program. In: *Teaching Anatomy: A Practical Guide (2nd ed.)*; LK Chan & Pawlina W (Eds.); Springer International Publishing, 2020, 519-526. DOI: 10.1007/978-3-030-43283-6

Moreover, several faculty members presented at conferences and/or courses in 2020-2021:

- **Cloud-Biebl BA**, Lahti A, Larkin E, Lindstrom CJ, Michaels K, Piotrowski M, Svendsen RM, Swanson L, Weigel SJ. Classifying first instance of clinical diagnosed upper extremity pain and pathology in individuals with traumatic spinal cord injury (Poster). Presented at: Academy of Spinal Cord Injury Professionals (ASCIP) Virtual Conference, September 2020.
- **Cloud-Biebl BA**, Madansingh SI, Fallert MJ, Guillet R, Hoverstad RL, Saras MJ, Morrow MM, Zhao KD. Increasing suprapinatus to coracoacromial arch proximity during transfers to avoid compression: A biofeedback feasibility study (Poster). Presented at: American Physical Therapy Association 2021 Combined Sections Meeting, Alexandria, VA (Virtual), February 2021. <https://apta.confex.com/apta/csm2021/meetingapp.cgi/Paper/27737>
- **Hake M**, Oldenberg H, **Rindflesch A**. I wasn't expecting this: Student perspectives on readiness for acute care clinical experiences (Platform). Presented at: American Physical Therapy Association 2021 Combined Sections Meeting, Alexandria, VA (Virtual), February 22, 2021; 8:00-8:30 PM CST. <https://apta.confex.com/apta/csm2021/meetingapp.cgi/Session/7342>.
- **Hake M**, Strikwerda J, Peterson AP, Ridgeway KJ, Barnes CA. Cancer survivors in critical care: Admissions, prognosis and survivorship. Presented at: American Physical Therapy Association 2021 Combined Sections Meeting, Alexandria, VA (Virtual), February 25, 2021; 6:00-7:30 PM CST. <https://apta.confex.com/apta/csm2021/meetingapp.cgi/Session/7261>.
- **Hellyer N**. The patient with venous thromboembolism: Precision medicine at the bedside (Platform). Presented at: American Physical Therapy Association 2021 Combined Sections Meeting, Alexandria, VA (Virtual), February 17, 2021; 7:30-8:00 PM CST. <https://apta.confex.com/apta/csm2021/meetingapp.cgi/Paper/30535>.
- **Krause DA**, Hollman JH. Validity of the King-Devick test in concussion diagnosis in hockey (Platform). Presented at: American Physical Therapy Association 2021 Combined Sections Meeting, Alexandria, VA (Virtual), February 2021. <https://apta.confex.com/apta/csm2021/meetingapp.cgi/Session/7497>.
- Jensen G, Lebec M, Furze J, **Rindflesch A**, Watkins M. Engage and assess: Combining pedagogy and productivity through the scholarship of teaching and learning (Platform). Presented at: American Physical Therapy Association 2021 Combined Sections Meeting, Alexandria, VA (Virtual), February 2021. <https://apta.confex.com/apta/csm2021/meetingapp.cgi/Session/7099>.
- **Rindflesch A** (Moderator/Facilitator). ACAPT education research networking event: Assessing clinical education and the affective domain. Presented at: American Physical Therapy Association 2021 Combined Sections Meeting, Alexandria, VA (Virtual), February 2021. <https://acapt.org/events/event-details/2021/02/26/acapt-events/pt-education-research-networking-event-at-csm>.
- **Rindflesch AB**. Meeting students halfway: Continuing your development as a clinical educator (Invited Oral Presentation). Presented at: Spring Meeting of the Tennessee Chapter of the American Physical Therapy Association, Mt. Juliet, TN, March 26, 2021.
- **Rindflesch AB**. Development as a clinical educator: Where do I start? (Invited Oral Presentation). Presented at: Annual Meeting, Knoxville District of the Tennessee Chapter of the American Physical Therapy Association, Knoxville, TN, April 13, 2021.
- **Bogard CL**, Kramer N, Reddy P, Thiel A, Hassett L. Effect of ambulation status and weight-bearing on bone structure integrity and fracture occurrence in children with spina bifida: A systematic review (Virtual Asynchronous Poster Presentation). Presented at: APTA Minnesota Annual Conference. April 24, 2021.

Student Recruitment Highlights

In August of 2020, we enrolled a class of 28 highly qualified students who make up the Class of 2023. The enrolling class profile is as follows:

- 18 women and 10 men
- Mean age at application of 22 years, range 21 to 31 years
- Mean cumulative undergraduate grade point average of 3.73
- Mean prerequisite grade point average of 3.73
- Mean scores at the 70th, 64th and 64th percentiles, respectively, on the verbal reasoning, quantitative reasoning, and analytical writing subscales of the GRE
- 22 students of Caucasian, 4 students of Asian, 1 student of Hispanic and 1 student of American Indian race/ethnicity
- 15 states of residence represented, 29% of students (8 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.

2020-2021 Graduation Highlights

While the 2020 commencement ceremony was cancelled secondary to the COVID-19 pandemic, many 2020 graduates joined us for our 2021 commencement ceremony. Following this year's graduation, the number of students who have graduated from our program since the inaugural class graduated in 1939 reached 2,694 students. On May 28, 2021, we graduated 27 physical therapists, the 15th class to graduate from Mayo with the Doctor of Physical Therapy degree. Congratulations to the Class of 2021! We look forward to their professional accomplishments and to their contributions to the Alumni Association. The following graduates were recognized with 2021 graduate awards:

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



Caitlin Ayres received the Richard L. Beers Award, which honors the graduating student who wrote the most outstanding scholarly paper.



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



Maggie Saras 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.



Rachel Hoverstad 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.



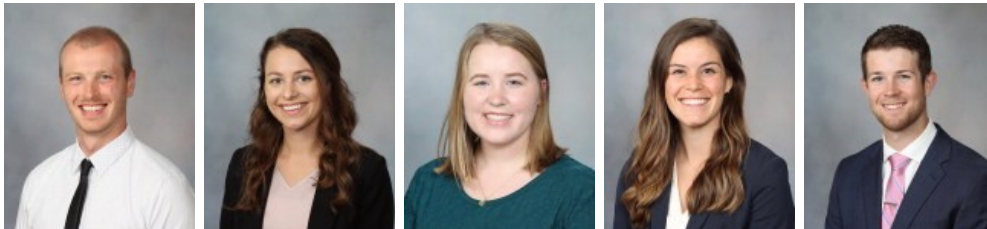
Congratulations to Hannah, Caitlin, Kayla, Maggie, and Rachel for their outstanding achievements in the Program in Physical Therapy!

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 typically 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 8th year. **Debra Ness** coordinates the neurology residency and **Corey Kunzer** coordinates the sports residency, which are both in their 5th year of existence. Each of these programs is accredited through the American Board of Physical Therapy Residency and Fellowship Education. 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.

- The COVID-19 pandemic also had a significant influence on physical therapy residency programs throughout the country, including our own. The Orthopaedic Physical Therapy Residency was paused, beginning in January 2021 rather than August 2020, but the Neurologic and Sports Physical Therapy Residency programs progressed as typical. This year's residents are pictured below:



Mitch Adam
(Neuro)

Gillian
Swartzrock
(Neuro)

Ellen
Larkin (Ortho)

Sarah
Anderson
(Sports)

AJ Johnson
(Sports)

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

In addition to the residency programs offered in Rochester, Mayo Clinic Arizona offers a geriatric physical therapy residency for one resident annually and Mayo Clinic Florida and Mayo Clinic Health System – Franciscan Healthcare in La Crosse, WI, began offering orthopaedic physical therapy residency programs.

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.

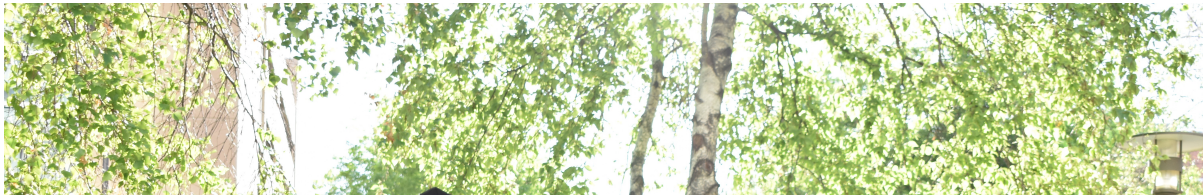
As always, we invite you to view our web site at <https://college.mayo.edu/academics/health-sciences-education/physical-therapy-doctoral-program-minnesota/>. We look forward to and encourage feedback from our alumni on how we can improve our program and the outcomes of our graduates. Please forward your feedback to rstptprogram@mayo.edu or call us at 507-284-2054.

Also, we 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 2021



Row 1 (Seated L to R): Riley Guillet, Julia Stathas, Kelsey Saladin, Rachel Hoverstad, Nina Lautz, Maggie Saras, Nicolas Kramer, Ryan Chang

Row 2 (L to R): Megan Fallert, Jon Salzman, Caitlin Ayres, Melissa Brix, Shannon Johnson, Alyssa Thiel, Pooja Reddy, Kayla Olson

Row 3 (L to R): Forrest Andres-Beck, Hanwen Wong, Heather Buerman, Hannah Gjerde, Valerie Tweiten, Sean Stiennon, Lucas Utley

Not Pictured: Jason Caselli, Ashton Dover, Connor Devin, Isaiah Greene

2021 Fall Gathering Update

As there will be no fall continuing education course this year, there will unfortunately be no fall gathering. We look forward to resuming the fall gathering tradition and coursework in 2022!

New Mentorship Program-Membership/Nominating Committee

Greetings, distinguished alumni! While this past year was unique for all of us, there was something unique that happened in the MCPTAA--the creation of the **Mentorship Program**! The MCPTAA is happy to offer a mentorship program for current students and recent graduates with our esteemed alumni. You may have seen a survey come through your inbox in early May asking your interest in participating. (If you haven't completed it yet, no worries--you have until July 15th to submit your survey!)

Our first year, we were able to pair 33 current students with mentors! We had 63 alumni volunteer to be mentors--we were so pleased with your responses! If you did not get paired with a mentee last year and you responded "yes" in the survey, we will be working to get you paired with someone for the 2021 round. We have heard a lot of positive feedback from mentors and mentees. We are excited to make this an **annual program**. We will send out a survey to students and alumni annually and make mentorship pairings each year, based upon the number of alumni volunteers and number of students interested. This year, in order to participate in this program, we ask that you are a **dues-paying member of the MCPTAA**.

Speaking of dues--have you paid your annual dues yet? If not, don't worry--there is still time! As a reminder, dues are \$25 per calendar year, expiring at the end of each calendar year. Dues are tax deductible! In previous newsletters, you may have seen that our old MCPTAA has transitioned to a new location under the Mayo School of Health Sciences Alumni Association. **Our new website is found at this address:** <https://mshsalumni.mayo.edu/societies/mcptaa/>

To pay dues: click the "Membership" hyperlink at the top of the home page. From there, under "Annual Membership" is a blue hyperlink that says "[Pay Student or Standard Member Dues Here](#)" (or--you can pay by clicking this hyperlink in the newsletter). This link will take you to Eventbrite. Eventbrite is a safe, secure, and speedy way to pay for all of your dues. If you would prefer to mail in a check, there are directions just below the hyperlink on the webpage.

Lastly, we have some MCPTAA Executive Board positions open! Currently, we are looking to fill the following openings:

- **The Program Committee:** we have **2 openings!**
 - The Program Committee is responsible for solicitation of speakers, organizing the conferences, and production of the brochures for MCPTAA conferences
- **The Membership/Nominating Committee:** we have **2 openings!**
 - The Membership/Nominating Committee is responsible for recruitment/retention plans for the MCPTAA, as well as recruiting/nominating MCPTAA Board members. It also is responsible for the Mentorship Program.

If you are interested in any of these positions, please send us an email! We would love to have you join us.

Thank you!

Kelsie Miller, PT, DPT, Class of 2017
millerkelsiem@gmail.com

Shanna Britt, PT, DPT, Class of 2018
shanna8britt36@gmail.com

Remembrance

For those who may not be aware, Tom Garrett passed away on June 9th. His obituary is available at <https://www.postbulletin.com/obituaries/obits/7068999-Tom-Royce-Garrett>. A memorial gathering was held from 5-8 PM on Friday, June 18th, in the River Park Chapel at Macken Funeral Home.

Tom was a 1960 graduate of Mayo's Program in Physical Therapy and, not long after, began teaching in the Program. He spent over 3 decades educating hundreds of students—many of whom practice today in the PM&R Department—before retiring in 1998. Tom served as Director of the Program from 1985-1989 and as Associate Director from 1989-1998.

Please join me in remembering fondly his tales of hunting, fishing and time on the Mississippi River at his cabin in Wabasha.

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: 2021-2022

President: Katie Traver

Past President: Adam Carlson

Vice President: Bryce Beckman

Treasurer: Ryan Buus

Secretary: Allison Thompson

Alumni Fund: Bryce Beckman

Nominating/Membership Committee: Kelsie Miller, Shanna Britt, Luke Utley

Program Committee: Katie Traver, Crystal Whitmarsh, Karli Kerzman, Madeline Lee

Public Relations: Collier Amundson

Website: Eric Smoyer

Physical Therapy School Liasons: John Hollman- Director, Kelli Elliot – Class of 2022 President, Dilina Weerapperuma - Class of 2023 President

Membership Dues and Alumni Update Form

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