

# PTRS *news*

UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE  
DEPARTMENT OF PHYSICAL THERAPY & REHABILITATION SCIENCE

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## Letter from the Chair



Greetings!

I have been in my new role as interim chair for six months, and am making sure that departmental initiatives continue to move forward through this transition. In this issue, you will see that there continues to be a lot of activity in the Department of Physical Therapy and Rehabilitation Science (PTRS)!

Gene Shirokobrod (Class of 2011) has patented a patient device and used crowd-sourcing to raise part of the \$25,000 needed to fabricate the device. Adele Levine (Class of 2001) wrote a book about her experience working with amputees at the Walter Reed Medical Center. In addition, adjunct faculty member Mark Hopkins talks about his company's work with Boston Marathon victims.

Faculty, staff, volunteers, alumni, and friends are what make it possible for PTRS to provide excellent education and research. We continue to be grateful for the highly qualified associated faculty who support the DPT and PhD curriculums. If you are interested in contributing your knowledge and skills, please contact us. Support from you, our alumni and friends, is essential to sustain and grow our programs. The PTRS Strategic Endowment for the Future helps to provide financial security for the department and resources to seize new growth opportunities in future years. I encourage your gifts to support this very important initiative.

On behalf of faculty and staff, thank you to all who support PTRS in so many ways! We look forward to seeing you at upcoming events including our annual Research Day (May 12), URecFit Golf Tournament (Thursday, May 22), and a summer CEU opportunity (details TBD), and save the date for Alumni Day on Wednesday, Oct. 1st!

Thank you for your continued support!

Mark W. Rogers, PT, PhD, FAPTA  
Professor and Interim Chair  
Department of Physical Therapy & Rehabilitation Science

## PTRS Adjunct Providing Prostheses Support to Boston Bombing Victims



When bombs went off at the finish line of the Boston Marathon last April, numerous victims were left with their lives forever changed by the loss of a limb. Dankmeyer Inc., which provides prostheses and orthoses to patients in Maryland and nearby communities, quickly stepped in to assist. "We are a supporting member of the American Orthotic and Prosthetic Association's Coalition to Walk and Run Again and have committed to providing service to those victims of the Boston bombing who require

prosthetic or orthotic services/devices," explains Mark Hopkins, PT, CPO, MBA. Hopkins, CEO of the company, has been an adjunct faculty member for PTRS since 2001. "The coalition is designed to ensure that victims of the bombing receive the care they require and that any funding gaps that arise now or in the future are worked out. The coalition includes providers and manufacturers, and together we will be able to meet the needs of this group."

One of the bombing victims was from Maryland, but that isn't only what led Dankmeyer to get involved. "We do have a relationship with a Maryland resident injured in the bombing, and that relationship made support of the coalition a 'no brainer' for us," says Hopkins. "However, we also have strong ties to the American Orthotic and Prosthetic Association, and we would have lent our support to the effort without a specific client relationship. In addition to providing service to specific patients, we believe that we need to be and remain an integrated part of the medical community, and that means reaching out and supporting those in need."



Dankmeyer, which was founded in 1954 by Charles "Herb" Dankmeyer, who had below-the-knee amputations himself, has long been a pioneer in new developments and education in the area of prostheses. "We were the first in Maryland to produce plastic prostheses, endoskeletal prostheses, electronic prostheses, and plastic

molded prostheses for spine, lower limb and upper limb," says Hopkins. "We have participated in both local and national clinical research programs. These efforts combined with the needs presented to us in our community have led us to the development of several unique prostheses and orthoses, including the APL/Dankmeyer powered prosthesis. We consider the practice to be driven by the needs of the patients we serve."

*continued on page 2*



The Class of 2016 (above) adopted a family for Christmas, organizing a clothing and toy drive for two needy boys, ages 10 and 2. **Dakotah Bosworth** organized the donations. “I have done this for at least four years through my mom, who is a guidance counselor in Middle River, and each year helps families in her school who can not afford things for Christmas,” Dakotah says. “I love being able to help out in any way I can. In previous years I have adopted families with some undergrad friends, so this year I brought the idea to my class, and they were very excited to help out a family. I am so glad that I was able to provide an opportunity for the class to give back to the community, and this would not have been possible without the entire class and their eagerness and excitement toward getting all of the presents together to help out a family in need.”

## PTRS Adjunct Providing Prosthesis Support to Boston Bombing Victims

*continued from page 1*

Hopkins’ physical therapy background helps him greatly in determining the needs of his clients. “The first 16 years of my professional life were spent working full-time as a PT with a wide spectrum of patient types and diagnoses,” he explains. “That helped me develop a very broad set of skills, so that I now feel comfortable assessing patients to determine if I am the right medical professional to help them. That has been further defined now through my work as a prosthetist/orthotist, but those patient interview, physical examination, assessment and planning skills still stick with me. In addition, it’s helped me communicate well with my physical therapy colleagues, which goes a long way toward a successful prosthesis or orthosis team prescription decision.”

Hopkins enjoys sharing his expertise with PTRS students and has assisted the department by serving as adjunct faculty, teaching prosthesis-specific content. “The relationship has developed to the point that we provide most of the orthotics and prosthetics content for the students, including an annual site visit to our office, as well as many lectures and lab experiences over the course of the curriculum,” he says. “We have also provided many students with special observational experiences and special projects. I would like to sincerely thank the faculty, staff and students of PTRS for giving me the opportunity to participate in the program. It has been incredibly rewarding and has made me a better clinician and, honestly, a better person. You really never know yourself and your professional character until it is tested. The challenge of constantly re-assessing what I do every day so that it can be explained to a new group of students is critical for growth, and I have always encouraged the therapists and prosthetists/orthotists I work with to consider becoming an adjunct, too, and to give back to the community.”

We would like to thank Mark for his commitment to the PT field and his continued generosity to share his experiences with our students.



Laura Whipple from the Class of 2014 squeezed some international experience into her final year of school with a three-week clinical experience in Cuzco, Peru. “I had been looking for an international volunteer experience for some time, and International Volunteer Headquarters (IVHQ) has programs all over the world in every kind of placement, from jungle conservation to sports development,” she explains. “I was initially unsure whether physical therapy would be eligible on the medical placement, but gave them a call and explained what PTs do and what we study and they were all in!”

On the medical track, Laura had the opportunity to do a variety of tasks at two local hospitals. “The first place was the Centro de Salud Zarzuela, which is a small hospital serving mostly low-income individuals from the outskirts of Cusco,” says Laura. “I helped with triage work, taking basic height, weight, and blood pressure before the patient was directed to the doctor on staff. While I thought I was amply prepared knowing Spanish, I was surprised to find most of the elderly adults only speak Quecha, which is the language of the Incans and nothing like Spanish! On other days I assisted with the newborn physicals and assessing developmental milestones, as well as healthy growth and maturation. In addition, I was able to sit in on general consults with the doctor and see the medical system from that regard.”

After a week there, Laura transferred to the Instituto Asistencial Madre Teresa for her remaining two weeks due to her physical therapy interest. “My second placement was both an orphanage and a recovery center that gives shelter to disabled children and adults; I worked with children ranging anywhere from 1-15 years old,” she says. “I was primarily there to assist with their physical therapy needs, but also attended to a variety of things, including feeding the kids, which was an endeavor in itself due to the inability of many of them to eat independently. The kids I worked with suffered from hydrocephalus, cerebral palsy, Down syndrome, autism, and a host of other cognitive and physical disabilities.”

Laura admits she learned quite a few lessons in the short time she was in Peru. “Not only did I acquire a great deal more patience than when I left, due to Peruvian culture allowing for much more relaxed time frames, but I also learned to be flexible in all things, whether it was our adventurous time getting up to Machu Picchu or the organized chaos of the orphanage,” she says. “Sometimes the situation isn’t ideal and there aren’t enough hands to go around, but you just keep trying the best that you can.”





**Sharon Benyowitz, Class of 2014**, graciously brought her daughter Elyssa to campus in January to participate in one of our pediatric labs, which give students hands-on experience working with the youngest patients.

**Vincent Conroy, PT, DScPT**, Assistant Professor, once again organized the PTRS team for Swim Across America, an open-water swim held on September 22, 2013. Nearly two dozen PT and med students participated in this effort to raise money towards cancer research, prevention, and treatment. Congratulations to the top team fundraiser, **Kathryn Pall, Class of 2015**, who raised over \$1,300! Collectively, the team raised over \$10,000.

**Katherine Van Den Heuvel, Class of 2014**, received an award last fall from the Maryland APTA for her work as a Core Ambassador for Maryland.

**Michael Infantino, Class of 2015**, was asked to be the Maryland State Representative for the AAOMPT's Student Special Interest Group (sSIG). With this position he hopes to increase awareness for the AAOMPT and the sSIG. He will also serve as a voice for Maryland physical therapy students and will regularly keep sSIG members updated on pressing issues related to manual physical therapy in Maryland.

**Faunice Jackson, Class of 2015**, participated in the Maryland Disability History and Awareness Month and National Disability Employment Awareness Month panel discussion, held on October 28, 2013, in the campus center.

**Kaitlyn Wille, Class of 2015**, presented a poster entitled "The Role of Executive Cognitive Function in Four Commonly Used Clinical Tests of Balances Among Individuals With Low and High Risk of Falling" at last fall's annual Student Research Forum, presented by the Office of Student Research (OSR). Kaitlyn is the first DPT student to participate in OSR's Health Professions - Student Training in Aging Research Program (HP-STAR). **Kelly Westlake, PT, MSc, PhD, Assistant Professor** is her HP-STAR mentor for this project.

DPT students **Stacy Dishman, Faunice Jackson, Nicole Morici, Liz Prager, Ashley Thornton**, and **Kaitlyn Wille** all traveled to Louisville, KY, from October 24-26, 2013, for the National Student PT Conclave. During their trip the students experienced a wide variety of events and presentations from different speakers, and had the chance to attend various lectures on topics that interested them.

Students from all classes participated in the DPT Admissions Open House in September 2013, to answer questions that required a student's point of view. A special thanks to **Eileen Connor** and **Jonathan Furr**, the student Admissions Representatives, for arranging the participation of their classmates in the event.

Eighteen PT students performed balance screenings at the Baltimore County Department of Aging's 5K Run/Walk in September 2013. **Linda Horn, PT, DScPT, MHS, NCS, Assistant Professor**, and **Aynsley Hamel, MDE, Program Coordinator for the Entry-Level DPT Program**, were on-site to assist with this community project, which is held in conjunction with National Falls Prevention Awareness Day (FPAD).



PTRS second-year students participated in the annual Day on the Hill event sponsored by the APTA of Maryland on February 12, 2014. The purpose was to discuss with legislators and their staff important issues potentially affecting PTs in Maryland. Several meetings scheduled with the legislators based on "home" district assignment. APTA members and faculty accompanied the PTRS students, in addition to PT and PTA students from across the state.

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## ALUMNI NEWS



Many alumni, faculty, and clinical instructors joined us for the Alumni Day, held on October 2, 2013. Approximately 80 individuals attended the alumni networking reception and the continuing education course.

Congratulations to the 2013 Alumni of the Year recipient, John Shober, PT, DPT, ECS, from the Class of 1980 (Shown in picture bottom left). Many thanks to Alex Ganzermler, MS, Director of Alumni Relations and Development, for organizing this event for our alumni and friends and to our wonderful presenter, Sheila Schaffer, PT, DPT, CHT. Nearly \$4,500 was generated that evening to support future alumni programming!



**Adele Levine, PT**, Class of 2001, was a physical therapist in the amputee section at Walter Reed Army Medical Center up until its closure in 2011. She has written a book about what it was like to be a physical therapist during the last two years of the historical hospital's existence, when they

were seeing up to 150 individuals with multi-limb amputations a day. In spite of the subject matter, Adele says her book, *Run, Don't Walk: The Curious and Chaotic Life of a Physical Therapist Inside Walter Reed Army Medical Center*, is written in a humorous manner - like a sitcom - with several characters that are followed throughout the book. Aside from describing what it is like to be a physical therapist in this intense environment, the other main theme of the book is the closure of America's oldest military hospital. This is the first mainstream book to describe the rigors and rewards of being a physical therapist in that kind of environment, and Adele hopes that people reading it will recognize the important role physical therapy plays in the healthcare community.

*Run, Don't Walk* will be published on April 10, 2014 by Penguin Publishing, but is available for pre-order now on Amazon and other online book retailers. It has already received raves from those who have read a preview copy, including Congresswoman Tammy Duckworth, an Iraq war veteran, double amputee, and former Assistant Secretary of Veteran Affairs.



Gene Shirokobrod, Class of 2011, recently founded his own company, Verve LLC, to market a patient-assistance device he has patented. "The ARC helps place the cervical spine in its neutral alignment, which takes stress off of the neck joints," Gene explains. "It also has pressure inserts which work to alleviate tension from tight and taut muscles at the base of the neck and head."



Gene obtained the idea for the device when patients would joke with him about wanting to take him and

his therapeutic skills home with them. "So I began to think how could I truly make that a reality for people," said Gene. "I happened to be speaking to someone who works with engineers, and I mentioned I might be looking for someone to create a prototype. He told me he knew someone locally who had just won Discovery Channel's *Big Brain Theory* TV show. I ended up meeting with Corey Fleischer, the show winner, and hired him to create a prototype. He created several

versions, and we really had a good repertoire, so we ended up partnering and created Verve LLC."

A Kickstarter crowd-funding campaign raised \$12,500. "It fell short of our \$25,000 goal, but it was a success for marketing purposes and showed a strong interest in the device," said Gene. "I've had several clinics contact me with interest in selling the ARC. Aside from that, we will be working with various companies on production and distribution. This is meant to be an affordable, effective and safe device for anyone with neck pain to use."

Fixing neck pain is not always easy. "The cost of medication, not to mention side effects, can be tremendous," Gene admits. "Medical care is not always readily available. We are excited to offer a solution that is easily and cost efficiently available to anyone who needs it."

With a website recently launched for the product, "we are expecting to grow yearly and steadily," Gene said. You can find out more about ARC at [www.goarcnow.com](http://www.goarcnow.com)



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**Ruth Latimer, PT, Department Chair from 1962-1971**, recently received recognition for being a member of the APTA for 75 years.

**Carol Leach, PT**, Class of 1966, has retired but on occasion does PRN work with geriatric clients.

**Stefan Miller, PT**, Class of 1967, has retired but still remains active as a member of a Celtic Rock Band, "Gaelic Mishap."

**Lynn Rudman, PT**, Class of 1976, is currently serving on the Reference Committee for the APTA House of Delegates.

**Steve Tepper, PT, PhD**, Class of 1979, received the Lucy Blair Service Award from the American Physical Therapy Association (APTA) during the APTA Conference & Exposition in Salt Lake City, Utah, last summer.

**Michael Blondell Jr., PT**, Class of 1985, recently became a certified orthopedic specialist.

**Carolyn Chanoski, PT**, Class of 1987, has been elected as the Director of Government Relations for the Maryland Chapter of APTA.

**Jo Ann King, PT**, Class of 1987, has been at MedStar Good Samaritan Hospital in Baltimore, MD for 26 years! Her daughter, Jessica, began PT School at the University of Delaware this past fall.

**Kelley (McNamara) Meehan, PT**, Class of 1987, has opened her own private practice, Meehan Sports Therapy and Pediatrics in Southlake, TX. She resides in Southlake with her husband, Mike, and seven children. She can be reached at meehanville@msn.com.

**Rebecca (Pratt) Ordas, PT**, Class of 1990, is still practicing after 22 years! She earned her NCS in 2000 and was re-certified in 2010. Additionally, she finished a transitional DPT program in 2010 from the College of St. Scholastica in Duluth, MN. She currently works in a large urban acute-care hospital, primarily in critical care, in San Diego, CA.

**Fauzia Asad, PT**, Class of 1993, recently became a certified lymphedema therapist through the Academy of Lymphatic Studies.



**Dorsey S. "Blaise" Williams III, PT**, Class of 1996, was recently appointed Associate Professor and Director of the Sports Medicine Research Laboratory in Health and Human Performance at Virginia Commonwealth University.



**Greg Fritzges, PT**, and **Amy Fritzges, PT**, Class of 2000 and Class of 2001, respectively, have three children: Alexander (9), Zachary (6) and Elliott (1). Greg is practicing home health (geriatrics) and Amy works for Care Resources, specializing in pediatrics.

**Rebecca Bergwall, DPT**, Class of 2008, recently tested for and received "Certified Wound Specialist" designation.



**Jillian Mann, DPT**, Class of 2008, recently became owner of her own Physical Therapy/Personal Training Studio called "Perfectly Fit" in Charleston, SC. The practice opened in October 2013, and their main emphasis is on injury prevention, with a focus on health and wellness.

**Doris Yin Kei Chong, DPT**, Class of 2009, taught at Northeastern University in Boston from January 2012 to May 2013. She recently moved back to Hong Kong to continue her career in education. She is currently working at Hong Kong Polytechnic University as a Clinical Associate. Her primary role is teaching and organizing clinical education.



**Tracy Lyon, DPT**, Class of 2010, is currently working for Momentum Physical Therapy, an outpatient orthopedic clinic in Fort Collins, CO. She recently became certified in Kinesio Taping and is working toward her certification in Dry Needling therapy. She is pictured here with her husband, Barry, and their one-year old daughter, Avery.

**Joshua Funk, DPT**, Class of 2011, is currently working in Frederick, MD, doing outpatient orthopedics.

**Franchino Porciuncula, DPT**, Class of 2011, is currently practicing at Mt. Sinai in New York and working to obtain his PhD at Columbia University.

**Katy (Dolan) Castell, DPT**, Class of 2012, recently married and is working in an outpatient orthopedic clinic in Leonardtown, MD.

**Nicholas Gohn, DPT**, Class of 2012, had an article published in the *Journal of Orthopaedic & Sports Physical Therapy*, in the Musculoskeletal Imaging section, in January 2013. He is currently working as an OPPT for Wellspan Health in York, PA.

**Renisha Glenn, DPT**, Class of 2013, is currently working at Franklin Square Hospital in acute care.

**Camille Grzelak, DPT**, Class of 2013, recently accepted a position at MedStar National Rehabilitation Hospital in Washington, DC, performing inpatient rehabilitation. She also recently had an article published in the January 2014 issue of the *Journal of Physical Therapy Education (JOPTE)* entitled "Reflections on an International Immersion Experience: A Doctor of Physical Therapy Student's Perspective."

**Hannah Hollingsworth, DPT**, Class of 2013, is working at NovaCare in Annapolis, an outpatient clinic specializing in vestibular disorders in addition to typical outpatient care.

**Amy Morlock, DPT**, Class of 2013, presented a poster: "The Efficacy of Manual Therapy, Combined with Neuromuscular Re-education and Exercise Intervention for an Olympic Trial/elite Swimmer with Poor Stroke Mechanics and Unilateral Shoulder Pain" with PTRS faculty members **Vincent Conroy, PT, DScPT, Assistant Professor**, and **Karen Gordes, PT, DScPT, PhD, Assistant Professor at CSM 2014**.

**Bonnie (Gilbert) Torres, DPT**, Class of 2013, married David Torres on October 5, 2013. She is currently working in an outpatient orthopedic clinic out of Rockville and Olney.

## CONFERENCES

*Our faculty and students have had great success at conferences over the last year. Here are just a few examples of where they have appeared (others are listed on the Staff and Student News pages):*

The following faculty presented at the annual Claude D. Pepper Older Americans Independence Center 2013 External Advisory Board Meeting in September:

- **Robert Creath, PhD, Assistant Professor** >> “Using Self-Triggered, Sensory-Enhanced Gaze Shift to Improve Axial Turning Deficits in Persons with Parkinson’s Disease.”
- **Mark Rogers, PT, PhD, Professor and Interim Chair** >> “Overview of Mobility Function and Neuromotor Plasticity.”
- **Doug Savin, MPT, PhD, Assistant Professor** >> “Comparison of Reactive Step Training and Voluntary Task-Oriented Training to Induce Neuromotor Changes for Improving Balance and Preventing Falls.”

PTRS was also well represented in San Diego this year, with many of our PhD students, postdocs, and faculty presenting at two annual meetings there, the American Society of Neurorehabilitation (ASNR) and the Society for Neuroscience (SfN).

### **ASNR presenters included:**

- **Crystal Massie, PhD, Postdoctoral Fellow** >> “Impact of Motor Cortical Stimulation Timing During Planar Robotic Training on Neuroplasticity in Older Adults.”
- **Sandy McCombe Waller, PT, PhD, MS, NCS, Associate Professor** >> “Feasibility of Bilateral Arm Training in the Subacute Population.” Co-authors included **Jill Whitall, PhD, Professor**, and **Leslie Glickman, PT, PhD, Assistant Professor**.
- **Larry Forrester, PhD, Associate Professor** >> “Graph Theoretical Analysis of Resting State EEG in Post-Acute Stroke Recovery.” Co-authors included **Ron Goodman, PhD, Adjunct Instructor**, and **Ozell Sanders, PhD student**.

### **SfN presenters included:**

- **Rob Creath, PhD, Assistant Professor** >> “Self-Triggered Sensory-Cued Training Alters Correlations Between Vertical and Horizontal Ground Reaction Forces During Step Initiation in Persons With Parkinson’s Disease.” Co-authors included **Michelle Prettyman, DPT, MS, Assistant Professor**, and **Mark Rogers**.
- **Mario Inacio, PhD Student** >> “Control of Landing During Forward-Induced Stepping for Balance Recovery in Healthy Young Adults.” Co-authors included **Rob Creath**, and **Mark Rogers**.
- **Masahiro Fujimoto, PhD, Postdoctoral Fellow** >> “Lateral Stability for Single and Multiple Step Recovery Responses to Lateral Perturbations of Standing Balance in Older Adults.” Co-authors included **Woei-Nan Bair, MS, Postdoctoral Fellow**, **Michelle Prettyman**, and **Mark W. Rogers**.
- **Crystal Massie, PhD, Postdoctoral Fellow** >> “Effects of Motor Cortical Stimulation Timing on Neuroplasticity During Planar Reaching Movement.”
- **Ozell Sanders, PhD Student** >> “Do Startle Reactions Accompany Postural Responses to Whole-Body Free-Fall in Standing Humans?” Co-authors included **Rob Creath**, **Doug Savin**, and **Mark W. Rogers**.
- **Chieh-Ling Yang, PhD Student** >> “A Loud Acoustic Stimulus-Evoked Response During Movement Planning Facilitates Voluntary Reach in Patients with Chronic Stroke.” Co-authors included **Sandra McCombe Waller, PT, PhD, MS, NCS, Associate Professor**, and **Mark W. Rogers, PT, PhD, FAPTA, Professor and Interim Chair**.

The following presented at the APTA Combined Sections Meeting in Las Vegas, NV, in February 2014:

### **Presentations**

- **Gad Alon, PT, PhD, Associate Professor Emeritus** >> “Clinical Electrophysiology” and “Functional Electrical Stimulation in Neurorehabilitation”
- **Leslie Glickman, PT, PhD, Assistant Professor** >> “Evidence-Based Clinical Recommendations for Dosing of Pediatric Supported-Standing Programs”
- **Linda Horn, PT, DScPT, MHS, NCS, Assistant Professor** >> “Application of the Vestibular EDGE Task Force Recommendations”
- **Mary Rodgers, PT, PhD, FAPTA, FASB, Professor and Vice Chair** >> “Research Funding Symposium”

### **Platform Presentations**

- **Mario Inacio, MS, PhD Student** >> “Gluteal Muscle Composition Discriminates Fallers From Non-Fallers in Community Dwelling Older Adults”
- **Woei-Nan Bair, PhD, Postdoctoral Fellow** >> “Gait Transition Adaptations are Impaired in Community-Dwelling Elderly Fallers”
- **Christine Wells, PT, PhD, CCS, ATC, Clinical Associate Professor** (Moderator) >> “Cardiovascular and Pulmonary Section Platform Presentations: Session 1: Seeing Into the Storm But Beyond Our Own Eyes” and “Cardiovascular and Pulmonary Section Platform Presentations: Session 2: Knowledge Translation: Literature to Practice”
- **Christine Wells, PT, PhD, CCS, ATC, Clinical Associate Professor** (Presenter) >> “Association Between Quadriceps Strength and Sit to Stand (STS) Function in Individuals Receiving Prolonged Mechanical Ventilation (PMV)”
- **Odessa Addison, DPT, PhD, Academic Fellow** >> “Hip Intramuscular Adipose Tissue is Associated with Balance and Gait Variability in Older Adults”

### **Posters**

- **Vincent Conroy, PT, DScPT, Assistant Professor**, and **Karen Gordes, PT, DScPT, PhD, Assistant Professor** >> “The Efficacy of Manual Therapy, Combined with Neuromuscular Re-education and Intervention, For an Olympic Trial/Elite Swimmer with Poor Stroke Mechanics and Unilateral Shoulder Pain”



## PTRS at CSM 2014

*Thank you to all alumni, faculty, and students who joined us for the PTRS Alumni & Friends Reception at CSM. We had nearly 80 individuals join us for what we hope to be a new, annual PTRS tradition! Look for us next year in Indianapolis!*



Pictured here are many PTRS faculty members who attended our alumni reception at the Combined Sections Meeting (CSM) and took the opportunity to catch up with former and current students.



Many alumni gather for a quick photo at the Alumni & Friends Reception at CSM 2014.

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Mary Rodgers, PT, PhD, FAPTA, FASB, Professor and Vice Chair pictured here with PhD graduate Matthew Scherer, Class of 2010.



Sue Schuster Cohn, Class of 1975, pictured here with her husband, Ken Cohn, was the recipient of one of our raffle items! Thanks for joining us Sue and Ken!



Members of the Class of 2015 who traveled to Las Vegas to attend CSM and joined the Alumni & Friends Reception.

## STAFF NEWS



**Gad Alon, PT, PhD, Associate Professor Emeritus**, presented at a two-day pre-conference course entitled “Looking Forward: Functional Electrical Stimulation (FES) in Pediatrics” at the APTA’s Pediatric section meeting in Anaheim, CA, from November 6-10, 2013.



**Alexandra (Alex) Cirillo, MPH**, joined the department last September as a Clinical Research Assistant. Alex completed her Masters of Public Health in Epidemiology from University of Michigan in May 2013.



**Roy Film, DPT, OCS, FAAOMPT, Assistant Professor** and **Brendan Glackin, DPT student**, attended the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) 2013 conference in Cincinnati in October. This year’s conference had the theme “Balancing the Three Pillars of Evidence-Based Practice.” Dr. Film has served on the AAOMPT conference-planning committee for several years. Brendan has just joined AAOMPT’s Student Interest Group.



**Larry Forrester, PhD, Associate Professor**, was the lead author on “Clinical Application of a Modular Ankle Robot for Stroke Rehabilitation” in *NeuroRehabilitation*, 2013;33(1):85-97. He was also a co-author on “Changes in Passive Ankle Stiffness and Its Effects on Gait Function in Chronic Stroke Survivors” published in the *Journal of Rehabilitation Research and Development*, 2013 Jul;50(4):555-72; and “Anklebot-Assisted Locomotor Training After Stroke: A Novel Deficit-Adjusted Control Approach” published in *Proceedings of the IEEE International Conference on Robotics and Automation (ICRA)*, 2013;2167-2174.



**Masa Fujimoto, Post-Doctoral Fellow**, University of Maryland Advanced Neuromotor Rehabilitation Research Training (UMANRRT) Program, presented his poster “Center of Pressure Control for Balance Maintenance During Lateral Waist-Pull Perturbations in Older Adults” at the American Society of Biomechanics (ASB) conference in Omaha, NE, in September 2013.



**Leslie Glickman, PT, PhD, Assistant Professor**, received the Henry O. and Florence P. Kendall Award at the APTA of Maryland fall Chapter meeting in November 2013. The Kendall Award was established as a way for the APTA of Maryland to honor its members for outstanding contributions to the field of physical therapy. She also recently had an article published in the January 2014 issue of *Journal of Physical Therapy Education (JOPTE)* with alum **Camille Reuter Grzelack**, Class of 2013, entitled “Reflections on an International Immersion Experience: A Doctor of Physical Therapy Student’s Perspective.”



**Jeff Hawk, MPT, MDE, MBA, Director of Instructional Technology**, was the lead author on “SECTIONS Model: Strategizing Technology-Based Instruction in Physical Therapist Education” published in the *Journal of Physical Therapy Education*, 2014;28(1):69-75. Co-authors included **Elizabeth Ann Reicharter, PT, DPT, PhD, Associate Professor**, and **Karen Gordes, PT, DSc, PT, PhD, Assistant Professor**.



**Linda Horn, PT, Assistant Professor**, taught a class on “Improving Balance and Avoiding Falls” at the annual Mini-Med School at the University of Maryland School of Medicine last fall. Mini-Med School is a series of tuition-free classes offered to the local community that strives to help them improve their health and well being.



**Brian Johnson, MS**, joined the PhD Program in September 2013. Brian comes to the department from the University of Wisconsin at Milwaukee, where he earned his MS in Occupational Therapy in May 2013. **Kelly Westlake, PhD, Assistant Professor**, is his primary advisor.



**Cheng-Chieh Lin, ScD**, joined the department last August as the newest UMANRRT (University of Maryland Advanced Neuromotor Rehabilitation Research Training) Post-doctoral Fellow. THE UMANRRT program is funded by the U.S. Department of Education grant, under the direction of **Mark W. Rogers, PT, PhD, Professor and Interim Chair**.



**Crystal Massie, PhD, Postdoctoral Fellow**, received a two-year Mentored Clinical and Population Research Award for “Functional Motor Cortex Stimulation to Repair Damaged Movement Representations After Stroke.” Crystal also received a travel award from the Graduate Program in Life Sciences (GPILS) to attend the American Society of Neurorehabilitation annual meeting, where she presented “Impact of Motor Cortical Stimulation Timing During Planar Robotic Training on Neuroplasticity in Older Adults.”



**Laurie Neely, PT, DPT**, joined the department in September 2013 as a part-time Instructor. Her primary responsibilities are to teach in the Medical Issues 1 Block, along with clinical education and other acute care-related content.



**Anne Reicharter, PT, DPT, PhD, Associate Professor, Karen L. Gordes, PT, DScPT, Assistant Professor, and Leslie B. Glickman, PT, PhD, Assistant Professor** co-authored “Creating Disseminator Champions for Evidence-Based Practice in Health Professions Education: An Educational Case Report” in *Nurse Education Today*, 2013 Jul;33(7):751-756. Anne was also chosen to serve on the Inaugural 2013 Cohort for the Master Mentor Training Program hosted by the University of Maryland, College Park, in collaboration with the University of Wisconsin, Madison. This innovative Master Mentor Training builds upon the only evidence-based mentor training intervention, based upon a randomized clinical trial conducted by the University of Wisconsin. This groundbreaking research project was funded by the National Institutes of Health, and we are one of the first universities in the nation to participate in the national dissemination of the program.





A reception was held on September 16, 2013, to honor **Mary Rodgers, PT, PhD, FAPTA, FASB**, who served as Chair of the department for 15 years before stepping down last fall (although she remains with the department as Vice Chair). “It has been a real honor to serve the department, and this was a really wonderful celebration,” said Mary.



**Chris Wells, PhD, PT, CCS, ATC, Associate Professor**, was among the authors on “Older Trauma Patients’ Exposure to Therapy and Factors That Influence Therapy Opportunities” in *Physical Therapy*, 2014 Jan;94(1):40-51. She was also among the authors on “Exposure To Therapy of Older Patients With Trauma and Factors That Influence Provision of Therapy” in *Physical Therapy*, 2014 Jan;94:40-51.



**Kelly Westlake, PT, PhD, Assistant Professor**, was among the authors on “Complex-Value Coherence Mapping Reveals Novel Abnormal Resting-State Functional Connectivity Networks in Task-Specific Focal Hand Dystonia” in *Frontiers in Neurology*, 2013, Oct 10;4:149. She also presented “Cognitive Considerations For Rehabilitation After Stroke” at the Maryland Stroke Conference 2013, held in Annapolis, MD on November 8. Dr. Westlake was also selected to attend an intensive grant-writing

workshop in Chapel Hill, NC, in January 2014 through the Training in Grantsmanship for Rehabilitation Research (TIGRR) program.

**Larry Forrester, PT, Associate Professor**, has been appointed Director of the PhD Program, replacing Mark Rogers PT, PhD, who is now Interim Chair of the department. “The PhD program in Physical Rehabilitation Science (PRS) is entering its 15th year with a record of success in meeting the stated aim of ‘training researchers capable of advancing the field of physical rehabilitation in order to improve the lives of people with functional impairments,’ “ Larry says. “One of my top priorities is to sustain this high level of excellence and gain a reputation as one of the top research-training programs in the rehabilitation field. We have a talented faculty and the abundant laboratory resources needed to fulfill this aim.”

That said, the program relies heavily on external grant funding to attract and support high-quality students over the four years (or more) that are typical for completing the coursework and dissertation phases of the PhD. “For the PTRS program to build on its past success, we will have to meet serious challenges posed by reductions in federal research and training dollars,” Larry explains. “Toward this end, we plan to compete strongly for NIH and NIDRR training grants that will complement the limited two-year stipends provided through the University’s Graduate Program in Life Sciences.”

Another aspect fueling growth will be to expand the marketing of this program to attract the best students. “Exciting opportunities are emerging from recent efforts to increase research and educational connections among the University of Maryland campuses,” Larry says. “A good example of this is seen in new collaborations between PTRS faculty and engineering programs at UMCP and UMBC. I would like to see this expand, to help place us at the forefront of training scientists who are well-grounded in established rehabilitation principles, but who at the same time can apply rapidly evolving technologies to develop the evidence-based therapies of the future.”

For the past 10 years, this workshop has successfully provided mentorship to approximately 300 junior and mid-level faculty from throughout North America and in several foreign countries. It is funded by the National Center for Medical Rehabilitation Research (NCMRR).



**Jill Whitall, PhD, Professor**, presented “Determining Kinematic Signatures For Arm Recovery After Stroke” at the Inaugural Seminar at the Center for Neurology & Rehabilitation, in Vitznau, Switzerland, in November 2013. Jill also received notice that her Maryland Industrial Partnerships (MIPS) continuation grant entitled “A Tele-Medicine System Targeting Training, Outcomes Assessment, Personalized Feedback and Social Interaction for Physical Rehabilitation:

Validity and Feasibility study in Individuals with Chronic Stroke” was approved for continued funding for one year and \$100,000. **Jill** and **Sandra McCombe Waller, PT, PhD, MS, Associate Professor**, were co-authors on, “Does the Use of an Auditory Cue Facilitate the Motor Control and Contribute to the Rehabilitation of Upper Extremity Movements After Stroke?” in *Music Therapy Perspectives*, 2013;31; 40-49.



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# ALUMNI OF THE YEAR NOMINATION FORM

The Alumni of the Year is awarded to an individual who is a graduate of the Department of Physical Therapy and Rehabilitation Science at the University of Maryland School of Medicine who has achieved outstanding achievements in the physical therapy profession. The award is based on contributions/achievements in the areas of academics, administration, clinical practice, research, community service, professional associations, and involvement in the Department of Physical Therapy and Rehabilitation Science. Candidates need not excel in every area, and self-nominations are also welcome. Optional – please provide a copy of the nominee’s CV or resume to assist the committee during this process.

Thank you for helping us recognize our outstanding alumni!

Nominee: \_\_\_\_\_ Graduation Year: \_\_\_\_\_

Nominator: \_\_\_\_\_

Deadline for nomination submission is **May 16, 2014**. This form can be submitted one of the following ways:

- **Electronically** - go to our webpage at: <http://pt.umaryland.edu>. The link is under PTRS Alumni/Alumni of the Year.
- **Email** - send to Alex Ganzermiller at [aganzermiller@som.umaryland.edu](mailto:aganzermiller@som.umaryland.edu)
- **US Mail** - mark to the attention of Alex Ganzermiller at University of Maryland School of Medicine, Department of Physical Therapy and Rehabilitation Science, 100 Penn Street, Room 115, Baltimore, Maryland, 21201.
- **Hand deliver to PTRS in room 115 of the Allied Health Building**

Please provide brief comments in the appropriate categories indicating the reasons for the nomination.

Academics:

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Administration:

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Clinical Practice:

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Research:

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Community Service:

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Professional Associations:

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Awards/Recognitions:

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Involvement in the Department of Physical Therapy and Rehabilitation Medicine:

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Additional comments:

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# DEVELOPMENT CORNER

PTRS relies on philanthropic support so our students, alumni, faculty and staff can continue to produce high-quality work advancing the physical therapy and rehabilitation science professions.

Those who make philanthropic investments in PTRS's work are instrumental in expanding our capacity to serve the community. PTRS's donors are visionary leaders who understand the vital role of PTRS's educational mission. From all walks of life and contribution levels, their generosity manifests itself in preparing students to change the world.

We invite you to invest in PTRS's students, faculty, and programs — which will have a lasting impact on the future. If you have not yet made your gift to PTRS this academic year, please do so by June 30, 2014. Every gift, no matter the size, strengthens the reputation for which the Department of PTRS and our alumni have been known for nearly 60 years.

*To give now, visit: [pt.umaryland.edu/givenow](http://pt.umaryland.edu/givenow) or contact Alex Ganzermiller at 410.706.5742 or [aganzermiller@som.umaryland.edu](mailto:aganzermiller@som.umaryland.edu).*

Thank you in advance for expressing your loyalty and commitment to our program and to the success of our students.



What will your legacy be?

"It was a good financial investment for me. In the future, the University of Maryland and PTRS students will benefit from my gift."

**Ruth Latimer,  
former PTRS Department Chair**



When Ms. Ruth Latimer was looking for additional ways to support the University of Maryland School of Medicine, Department of Physical Therapy and Rehabilitation Science, she decided to give through a **charitable gift annuity** and a **student scholarship bequest**. Her legacy will help future PTRS students.

A charitable gift annuity pays a donor income for life, in exchange for a gift of cash or appreciated securities. Current annuity rates far exceed certificate of deposit (CD) rates and can also provide an attractive charitable deduction, and even generate partially tax-free income.

Legacy gifts through your will, trust, or retirement plan cost nothing upfront. You can customize your gift to suit your income, retirement, and estate-planning needs, giving you the ability to adapt to changing financial situations.

Your will or trust can designate a specific dollar amount or a percentage of your estate. You can also provide your loved ones income for life through a charitable trust or charitable annuity with the University of Maryland Baltimore Foundation, Inc.

Your gift can be used to build an endowment, support faculty, advance research, or provide scholarships.

Alternatively, your gift can be unrestricted, supporting the Department's critical needs.

Your generosity also makes you eligible for membership in the Frank C. Bressler Legacy Council. Whatever form your legacy gift takes, you will find it very gratifying to support the Department of Physical Therapy and Rehabilitation Science at the University of Maryland School of Medicine.

PLEASE NOTE: Legacy gifts should be made payable to the University of Maryland Baltimore Foundation, Inc., for the benefit of the University of Maryland School of Medicine.

**For more information about bequests, please contact:**

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The PTRS newsletter is a publication of the University of Maryland School of Medicine's Department of Physical Therapy & Rehabilitation Science, 100 Penn Street, Baltimore, MD 21201-1082.

Archived copies of this newsletter and *Proficio* magazine are available in PDF format at [www.pt.umaryland.edu](http://www.pt.umaryland.edu)

## Calendar of Events

**Saturday, April 12, 2014**  
**Admissions Open House**  
100 Penn Street,  
Baltimore MD 21201  
Registration Required:  
[www.pt.umaryland.edu](http://www.pt.umaryland.edu)

**Friday, April 25, 2014**  
**Accepted Students Day**  
10:00 am  
100 Penn Street,  
Baltimore, MD 21201  
Come meet the next DPT Class of 2017! All are welcome!

**Friday, May 2, 2014**  
**Pinning Ceremony**  
3:00 pm  
Davidge Hall: 522 W. Lombard Street Baltimore, MD  
Pinning celebrates the approaching completion of the first year of the DPT program, and advancement onto the clinical portion of the curriculum. Students are "pinned" by the faculty. This gesture is symbolic of the student-teacher relationship that will eventually transition to that of colleague-to-colleague. Each student creates a PowerPoint slide that reflects the significance this ceremony holds for him/her. As the students are pinned, the slides will be projected. Name badges, lab coats and department pins are given to students at the ceremony. Family and friends are invited to attend.

Refresh- ments will be served in the SMC Campus Center following the ceremony.

**Monday, May 12, 2014**  
**Research Day**  
1:00 pm  
MSTF Auditorium/Atrium  
See all the important research being done in the Department! Our Keynote Speaker is Gammon M. Earhart, P.T.,Ph.D., Professor of Physical Therapy, Anatomy & Neurobiology, and Neurology, Program in Physical Therapy, Department of Anatomy & Neurobiology, and Department of Neurology, and Associate Director, Movement Science PhD Program, Washington University School of Medicine in St. Louis. Dr. Earhart is a nationally and internationally recognized colleague and research scientist in physical therapy whose work is focused on developing exercise and other interventions including the use of dance, and investigating neural mechanisms in people with Parkinson's disease. CEUs are available.

**Thursday, May 15, 2014**  
**PTRS Pre-Commencement and Awards Ceremony**  
2:30 pm  
School of Nursing Auditorium  
Tickets are required. DPT and PhD graduates will both be honored at the ceremony.

**Friday, May 16, 2014**  
**UMB Graduation**  
2:00 pm – 4:00 pm  
First Mariner Arena  
This is the formal graduation ceremony for the University. Faculty are asked to arrive by 1:00 pm to line up for the procession.

**Thursday, May 22, 2014**  
**URecFit Golf Tournament (PTRS is the Beneficiary this year)**  
Shotgun start: 7:30 AM  
Oakmont Greens Golf Course: 2290 Golf View Lane Hampstead, MD 21074  
Join other PTRS alumni in this golf tournament, with the proceeds going to our department this year. We invite you to participate as a sponsor or sign up to play as an individual or foursome!  
For more information, contact Alex Ganzermler at 410.706.5742 or [aganzermler@som.umaryland.edu](mailto:aganzermler@som.umaryland.edu)

**Wednesday, Oct 1, 2014**  
**Career Day**  
Time is TBD  
Contact Deidra Stevens, Coordinator of Clinical Education, for details: [djstevens@som.umaryland.edu](mailto:djstevens@som.umaryland.edu)

**Wednesday, Oct 1, 2014**  
**Alumni Day**  
Southern Management Corporation Campus Center  
621 W. Lombard Street  
Baltimore, MD 21201  
The Alumni Reception will be from 4:30-6:00 PM, honoring the 2014 Alumnus of the Year (Honoree TBA). Special acknowledgement will be given to our graduates celebrating milestone reunions: 1964, 1974, 1984, 1994, and 2004. A continuing education course will be available from 6:00-9:00 PM. Topic and presenter TBA.

For more detailed information on upcoming alumni events visit: [http://pt.umaryland.edu/alumni\\_events](http://pt.umaryland.edu/alumni_events)

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