

FALL 2007

# PROFICIO

HELPING, ADVANCING, MAKING PROGRESS IN PHYSICAL THERAPY



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& Rehabilitation Science  
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for Change*

## SEPTEMBER

- 29 PTRS Open House  
Allied Health Building; 9:00 AM – 12:00 PM.

## OCTOBER

- 1-31 National Physical Therapy Month
- 2 Kendall Tribute  
Share memories of the late Florence Kendall with friends and colleagues.  
Facilitated by Dr. Mary Rodgers; Allied Health Building; 4:00 PM.
- FREE Continuing Education: Reimbursement Issues & Assuring Compliance in Outpatient Physical Therapy (.4 CEUs)**  
Stephen M. Levine, PT, DPT, MSHA; Immediately follows the Kendall Tribute; 4:30 – 9:30 PM; Registration begins at 4:00 PM.  
See page 10 for details.
- 9 University of Maryland Baltimore Founders Gala  
Hippodrome Theatre, Baltimore, MD.
- 13 Bicentennial Special Event – A Prairie Home Companion  
Live international radio broadcast with Garrison Keillor and the citizens of Lake Wobegone at the Hippodrome Theatre, Baltimore, MD; Tickets required; Contact [2007@som.umaryland.edu](mailto:2007@som.umaryland.edu) for information.
- 14 Race for the Cure  
Hunt Valley, MD. Log on to [www.komenmd.com](http://www.komenmd.com) and join Team SOM PTRS.
- 20-21 Continuing Education: Clinical Anatomy of the Lower Extremity (1.4 CEUs)  
Vincent Conroy, PT, DScPT; Allied Health Building; \$375. See page 11 for details.
- 26-28 National Student Conclave  
Valley Forge, PA. Visit [www.apta.org](http://www.apta.org) for details.

## NOVEMBER

- 30- Dec. 2 Continuing Education: Biomechanical Evaluation & Treatment of the Lumbar Spine & Pelvis (1.9 CEUs)  
Jim Meadows, BScPT, MCPA, COMP, NAIOMT; Allied Health Building; \$475. See page 11 for details.

## DECEMBER

- 1-2 (continued) Biomechanical Evaluation & Treatment of the Lumbar Spine & Pelvis
- 8-9 Continuing Education: Therapeutic Technologies (1.3 CEUs)  
Gad Alon, PT, PhD; Allied Health Building; \$325. See page 11 for details.

## JANUARY

- 10 Career Fair  
MSTF Auditorium; 9:00 AM - 12:00 PM.

## FEBRUARY

- TBA Department of PTRS Annual Phone-A-Thon
- 6-10 Combined Sections Meeting  
Nashville, Tennessee. Visit [www.apta.org](http://www.apta.org) for details.

FALL 2007 • ISSUE 16

# PROFICIO

HELPING, ADVANCING, MAKING PROGRESS IN PHYSICAL THERAPY

*Proficio* is a publication of the University of Maryland School of Medicine's Department of Physical Therapy & Rehabilitation Science.

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

## DEPARTMENTS

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## Letter from the Chair



Fall is special in Baltimore. It is a time when we remember one of the reasons for living in "Charm City." The transition from summer to winter can happen quickly but it happens gracefully and we benefit. This fall brings many changes to the Department of Physical

Therapy & Rehabilitation Science and we are excited to be sharing them with you.

It is hard to believe that the strategic plan that we have embraced for the last five years is up for renewal. With all the progress we have made and the knowledge we have gained, we have been working diligently on our next strategic plan. At our department retreats and follow-up committee meetings, faculty and staff are striving to define our goals for the years to come. In April, we heard from Dean Reece, Vice President for Medical Affairs, University of Maryland, John Z. and Akiko K. Bowers Distinguished Professor and Dean of the School of Medicine. He talked to us about his vision and mission for the school, and implications for our department. We view our alumni and friends as stakeholders and will be soliciting your input as we continue in our pursuit of excellence. It is our intention to have the Department of PTRS's strategic plan in place by the end of 2007.

As we said goodbye to our 2007 graduates, we

welcomed new students into all three of our programs. To accommodate our continued growth, we are restructuring and bringing on talented professionals with diverse expertise. In this issue of *Proficio*, you will meet three new faculty members, Michelle G. Prettyman, PT, MS, DPT, Leslie Glickman, PT, PhD and Karen Gordes, DScPT. I am also pleased to announce that Ellen Wruble Hakim, PT, DScPT, MS, CWS, FACCWS has been promoted to vice chair for Professional Programs in addition to her role as director of the Entry-Level DPT Program. I am excited about the wealth of knowledge and opportunities all these individuals bring to the programs and our students.

With so many activities going on, it is important to express appreciation for the hard work and dedication of the faculty and staff. This summer, several of our outstanding faculty members moved on to other excellent opportunities – Drs. David Russ, Federico Villagra, Fran Huber, and Randall Keyser. They have been instrumental in our department and will be missed.

Please join us as we continue to celebrate the School of Medicine Bicentennial during 2007. I hope to see you at the upcoming events!

Mary M. Rodgers, PT, PhD

George R. Hepburn Dynasplint Professor and Chair



## Changes in Leadership



**Ellen Wruble Hakim, PT, DScPT, MS, CWS, FACCWS**, assistant professor has been promoted to vice chair for Professional Programs and director of the Entry-Level DPT Program. "I am honored and excited by this extraordinary

opportunity," says Dr. Hakim while she is taking a brief break between classes. "I love teaching and always have the best interest of the students in mind. Now with my new administrative roles, I feel like I can be an even better professor and advocate for their education."

As the vice chair, her responsibilities include not only curricular teaching, but oversight of faculty teaching development, academic policy and advancement, committees, and projects related to enhancements of the professional programs. "Ellen has demonstrated her commitment to this department since the moment she came on board eight years ago. I am confident that she will take on her new tasks with the same enthusiasm as she has with everything she has done in the past," says Dr. Mary Rodgers, chair. The vice chair position is directly related to the growing needs of the department. Discussions about this change in structure began over a year ago with the involvement of all members of the department. The July announcement was timed in conjunction with strategic planning currently in progress.

Dr. Hakim graduated with a Master of Science in Physical Therapy from Ithaca College in 1994 and was awarded a Doctor of Science in Physical Therapy from the University of Maryland in 2003. She joined the department as an adjunct faculty member in 1997 and took a full-time appointment in 1999. Her teaching responsibilities are in the areas of oncology, acute care, pharmacology, and wound care. Prior to accepting her

new roles, she was co-director of the Entry-Level DPT Program with oversight of the didactic curriculum. She also served as chair of Academic Advancement and Policy. Professionally, Dr. Hakim is active within the Acute Care Section of the American Physical Therapy Association, serving as chair of the Competency Development Task Force. Dr. Hakim is a diplomate of the American Academy of Wound Management, wherein she is credentialed as a clinical wound specialist, and is a fellow in the College of Certified Wound Specialists.

*Dr. Hakim can be reached at 410-706-1536 or [ewruble@som.umaryland.edu](mailto:ewruble@som.umaryland.edu).*



**Leslie B. Glickman, PT, PhD**, joined the faculty as the director of the Post-Professional Programs and a full time assistant professor in July, 2007. She is a dynamic healthcare manager and educator with many years of diverse clinical and teaching

experience. Her background includes a Bachelor of Science and Certificate of Proficiency in Physical Therapy from the University of Maryland, a M Ed, special education track, from the University of Maryland, a MGA, health care track, from the University of Maryland, University College, and a PhD, Health Services, from Walden University. Her dissertation topic was about integrated delivery systems.

Dr. Glickman has worked in acute and rehabilitation hospitals, private practices, long-term care, group homes, home care, and academic settings where she managed large numbers of staff in the rehabilitation,

respiratory, and neurophysiology clinical areas. Most recently, she was the patient therapy manager of the outpatient therapy program at Kernan Orthopaedics and Rehabilitation, part of the University of Maryland Medical System. Her major special projects included the implementation of evidence-based practice training for therapy and other health professionals and the development of a comprehensive accessibility plan in accordance with CARF and ADA regulations and standards.

Dr. Glickman was a pioneer in the initiation and development of the pediatric special interest group of Maryland physical therapists and one of its first presidents. She served several other volunteer organizations over the years as a leader and member, both connected to the physical therapy profession and in the larger regional and national communities. Currently, she serves as a peer reviewer for the *HPA Journal* and a manuscript reviewer for the Academic Business World International Conference.

Since 2001, Dr. Glickman has held adjunct teaching positions with the Department of PTRS and coordinated the early development and implementation of the post-professional program, including the framework, processes, and initial courses. For the past four years, she served on the Post-Professional Advisory Committee and mentored 14 doctoral students on their capstone projects. Several of her former advisees distinguished themselves with formal publication of their projects, formal implementation of their educational programs, and formal presentation of their projects to multidisciplinary audiences. She has regularly taught the required DScPT course, "Essentials of Clinical Management," each fall since 2002 and initiated the introductory course to the post-professional programs.

As a practitioner faculty with the University of Phoenix (UOP) since 2000, Dr. Glickman has taught over 35 graduate and undergraduate business management courses, both at the Columbia and Timonium campuses, in 11 subject areas. She served as a lead faculty and area chair with the graduate business and management program in Maryland and was the UOP university research chair for Human Resources Management.

In her new position, Dr. Glickman will continue to teach courses and advise students, in addition to her managerial and leadership responsibilities for the programs. Her immediate goals are to support the current and future strategic plan of the department, utilize feedback from prior graduates to enhance future program planning, expand the target student market, expand the specialty course offerings, and develop a combined specialty certification and DScPT degree.

Of current interest is feedback from program graduates about changes in employment setting, news related to publications or formal presentations of final projects post graduation, and self-growth as a result of post-professional education. Dr. Glickman welcomes all to contact her directly to share this information.

Contact Dr. Glickman at 410-706-7721 or [lglickman@som.umaryland.edu](mailto:lglickman@som.umaryland.edu).



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## New Faculty



**Michelle G. Prettyman, PT, MS, DPT**, joined the department in July as an assistant professor concentrating on adult populations with movement dysfunction related to pathology of the nervous system. She received her Bachelor of Science and a

Certificate of Physical Therapy from the University of Delaware and a Master of Science in Biokinesiology and Doctorate of Physical Therapy from the University of Southern California. Her research activities have focused on rehabilitation following stroke and include participation with the multi-center *EXCITE* project investigating Constraint-Induced Therapy for recovery of arm function. She is an active volunteer with the Education and Neurology sections of the American

Physical Therapy Association. She brings clinical, academic, and community service to her position in the department.



**Karen Gordes, DScPT**, became an assistant professor and academic coordinator of clinical education in June. Dr. Gordes graduated with a master's degree in Physical Therapy in 1998 and was awarded a Doctor of Science in Physical Therapy in 2003, both from

the University of Maryland. Her experience includes clinical practice and academic instruction in the area of orthopedics. Dr. Gordes participated in the development of an Interdisciplinary Education program funded by the Health Resources and Services Administration.



### University of Maryland School of Medicine Department of Physical Therapy & Rehabilitation Science

Faculty Position # 03-329-31

The University of Maryland School of Medicine's Department of Physical Therapy & Rehabilitation Science (PTRS) is pursuing outstanding applicants for a 12 month faculty position in a Carnegie Research 1 environment. Applicants are expected to demonstrate prior teaching experience, and the ability to contribute to scholarship appropriate to their background and training. A post-professional doctoral degree is required. A PhD and rehabilitation experience are preferred.

The applicant's teaching focus should include normal physiology, pathophysiology, with an emphasis on muscle physiology and/or cardiovascular/exercise physiology. Responsibilities may include teaching, clinical service, and scholarship in any of the programs (see below). The exact areas of responsibility will be negotiated based upon respective expertise and interest once a candidate is selected.

The Department of PTRS currently offers the entry-level Doctor of Physical Therapy degree, two post-professional degrees: Doctor of Science in Physical Therapy and Transitional Doctor of Physical Therapy, and the PhD in Rehabilitation Science degree. The Department is located in downtown Baltimore. The campus is within easy walking distance of Baltimore's world famous Inner Harbor, Oriole Park at Camden Yards, M&T Bank Stadium (home of the Baltimore Ravens), and the newly renovated Hippodrome Theatre. It is also located within an hour drive of Washington, DC and is 30 minutes from Thurgood Marshall Baltimore Washington International Airport. We offer a competitive salary and benefits package.

Please send a cover letter expressing your interest, along with a current CV, to Roy Bechtel at the address below.

**CONTACT** Roy Bechtel, PT, PhD, Chair, Search Committee, Department of Physical Therapy & Rehabilitation Science, University of Maryland School of Medicine, 100 Penn Street, Baltimore, MD 21201-1082. (<http://pt.umaryland.edu>) EMAIL [rbechtel@som.umaryland.edu](mailto:rbechtel@som.umaryland.edu) AA/EOE/ADA

## What's New in the PhD Program

The PhD program is expanding. There are eight continuing students in our program. Six of these students have been admitted to doctoral candidacy status and are in the dissertation process at varying stages. We expect between two and four of these students to defend their dissertations and graduate in May of 2008. Chris Mizelle has obtained a grant from the VA to fund his stipend and his dissertation work over the next year, an early milestone in his research career.

Jerome Beeler began the program on July 2, 2007. Jerome came to us with a Doctor of Physical Therapy Degree from the University of Michigan, Flint, and three years of experience, including cancer rehabilitation. Jerome has identified our applied physiology concentration as his major focus and will be pursuing research related to the mechanisms that limit physical activity following cancer treatments and interventions that improve or compensate for these mechanisms. Jerome is originally from Detroit and received his Bachelor of Science degree in health science from Grand Valley State University in Allendale, Michigan.

Matt Scherer is a captain in the U.S. Army Medical Services core and is a supervisor of physical therapists at Walter Reed Army Medical Center in Washington, DC. Matt joined the PhD in Physical Rehabilitation Science program on September 1st, 2007 and is being supported by a full U.S. Army scholarship. Each year the Army selects one soldier or less for this honor and provides three years of financial support and release time for the student to come to a major university and pursue the PhD degree. Matt received his MPT degree from Baylor University and has served in Iraq and other Middle Eastern countries. His interest is in vestibular disorders and blast injury rehabilitation. He is on an accelerated track to accomplishing his education and will return to active military duty following the 2011 academic year. He will be conducting most of his research in the lab of Drs. Michael Schubert and Lloyd Minor at Johns Hopkins University. His program advisor is Dr. Mary Rodgers.

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## Research Update



**Susanne M. Morton, PT, PhD**, is assistant professor in both the Department of Physical Therapy & Rehabilitation Science and the Department of Anatomy and Neurobiology. She is also the director of the Neural Control of Movement Laboratory. Her research has two broad themes:

mechanisms of impaired interlimb coordination following stroke and motor learning. Currently, she is completing a study in which she is examining the extent to which sensorimotor information from the unaffected leg impacts movements of the affected leg in persons with stroke. That is, do movements of the strong leg help

or hinder concurrent movements of the weaker leg? This is an important question to be addressed, since the use of specific unilateral or bilateral rehabilitation approaches are growing in popularity in neurorehabilitation facilities. Dr. Morton's findings thus far indicate that any concurrent sensorimotor activity of the unaffected leg generally increases the motor output to the affected leg. However, the net result is a worsening in performance of the affected leg, because the increased muscle activity is not appropriately modulated across agonist and antagonist muscles (muscles assisting and opposing the desired movement). These results suggest that one important component of any rehabilitative approach for recovery of bilateral leg movements post-stroke should be improvement of the coordination of muscle activity, both within and between the legs.

## Staff Developments

**Jeff Hawk**, IT specialist, is pursuing a Masters in Distance Education through University of Maryland University College's Graduate School. He was recognized by the University of Maryland Baltimore as employee of the month in February.

**Terry Heron**, academic coordinator, is now responsible for continuing education support.

**Angel Jackson**, director of student affairs has implemented a Pre-Physical Therapy Association at Morgan State University. The objectives are to raise the awareness of physical therapy as a profession, and to prepare students to complete the competitive admissions process for the Department of PTRS Doctor of Physical Therapy program. Sponsored activities include:

- On site presentations by clinical faculty to Morgan State students three times a year. In the most recent academic year Dr. Mary Rodgers, chair, and Tonas Kalil, instructor/academic coordinator of Clinical Education, served as guest speakers.
- Invitations to Morgan State students for department events such as seminars, open house,

lectures, and anatomy lab tours.

- Visits to clinical sites so that students can observe the practice of physical therapy.

**Angel Jackson and Yvonne Underwood-Morris** recently celebrated five years of service.

**Surekha Vishwasrao** joined the department in April



2007 as an accounting manager, effective Monday, April 16, 2007. Surekha comes to us from the Institute of Human Virology where she served as accounting manager for Epidemiology and Preventive Medicine. Surekha has a long history of active involvement with faculty, staff, and graduate students at

the University of Maryland. Surekha holds a Bachelor of Science in Accounting and Master of Science in Law. She is currently completing her Masters in Finance at UMUC and has been invited to sit for the State of Maryland CPA exam.





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## 2007 Faculty Activities

### PUBLICATIONS

**Gad Alon, PT, PhD**, associate professor, co-published a manuscript entitled "Functional electrical stimulation enhancement of upper extremity functional recovery during ischemic stroke rehabilitation: A Pilot Study" in *Neurorehabilitation and Neural Repair*, Vol 21, May/June 2007.

**Gad Alon, PT, PhD**, associate professor, and **Roy Bechtel, PT, PhD**,

assistant professor, co-published the peer reviewed paper "Measurement of soft tissue temperature and impedance following the application of transdermal direct current," in *Physiotherapy*, Vol 93 (2007): 114-120.

**Ellen Wruble Hakim, PT, DScPT**, assistant professor, co-authored "Rehabilitation Implications for the Patient with Lung Cancer in the

Postoperative Management Phase," *Acute Care Perspectives*, Winter, 2006: 1-9.

### PRESENTATIONS

**Roy Bechtel, PT, PhD**, assistant professor, has a poster presentation accepted called "Multifidus muscle inhibition during cycling in a patient with lower back pain" at the 6th Interdisciplinary World Congress on Low Back and Pelvic Pain in Barcelona, Spain, November 2007.

**Mary Rodgers, PT, PhD**, chair, presented a keynote talk entitled "Rehabilitation Biomechanics in Wheelchair Propulsion and Hemiparetic Gait" at the International Society of Biomechanics Congress XXI on July 5th in Taiwan.

**Bill Romani, PT, PhD**, associate professor, presented "Gender Differences in Type 1 and Type 3 Collagen mRNA Expression in the Rat Anterior Cruciate Ligament" at the World Confederation of Physical Therapy Congress in


Vancouver, British Columbia, June 2007.

**Ellen Wruble Hakim, PT, DScPT**, assistant professor, co-authored "Integrated Pediatric Curriculum in a Hybrid, Lifespan-based Program," Combined Sections Meeting of the American Physical Therapy Association, Boston, Massachusetts, February, 2007.

**Ellen Wruble Hakim, PT, DScPT**, assistant professor, along with students Cooper, L., Azizollahoff, E., Nudell, C., Lynch, A., Steiner, A., "Broadening the Perception of Function Beyond the Purely Physical Domain," Combined Sections Meeting of the American Physical Therapy Association, Boston, Massachusetts, February, 2007.

### PROMOTIONS and APPOINTMENTS

**Ellen Wruble Hakim, PT, DScPT**, assistant professor, accepted the position of vice chair Professional Programs/director of Entry-Level DPT Program effective July 2007.



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**Jill Whitall, PhD**, was elected president of the North American Society for the Psychology of Sport and Physical Activity. The society consists of about 600 members primarily from departments of kinesiology but also from departments of physical and occupational therapy who study the motor control, motor learning, motor development, and psychological factors of non-disabled and disabled populations. This is a 3-year term of president-elect, president, and past president (in charge of the conference program).

**AWARDS and HONORS**

**Gad Alon, PT, PhD** has been awarded a one year industry grant for a study entitled 'FES Based Motorized Bicycle Effects on Chronic Stroke'

**Vincent Conroy, PT, DScPT** is a co-investigator.

**Roy Bechtel, PT, PhD**, assistant professor, has been selected to the "Who's Who Among Teachers" 2007 edition.

**Vincent Conroy, PT, DScPT**, finalist for the *Maryland Daily Record's*

Healthcare Professional hero award outstanding service to the community through the PTRS service learning center.

**Paula Richley Geigle, PT, PhD**, assistant professor, received the 2007 Richard Ruoti Award for Scholarship through scholarly endeavors of the Aquatic Physical Therapy Section. She was also named recipient of the Aquatic Physical Therapy Section's \$5,000 SwimEx Clinical Research Grant for her study, entitled "Role of Aquatic Exercise in Breast Cancer Related Lymphedema Management."

**Paula Richley Geigle, PT, PhD**, assistant professor, did a two week teaching service in Peru in July 2007, for the Health Volunteers Overseas, a private non-profit organization dedicated to improving the availability and quality of health care in developing countries through the training and education of local health care providers.

**Jill Whitall, PhD**, professor, and **Sandy McCombe Waller, PT, PhD**, assistant professor,

received a patent for their invention entitled "Bilateral Arm Trainer and Method of Use" in the fall of 2006. This invention has provided the basis for a regional biotechnical start-up company called Newregen, Inc.

**Ellen Wruble Hakim, PT, DScPT**, was presented with a mentor award by Chapter 22 of the honor

society of Phi Kappa Phi at the University of Maryland College Park in April.

**Mary Rodgers, PT, PhD**, is chair of the academic administrators special interest group of the education section of the APTA. She will be hosting the 3rd annual Educational Leadership Conference in the fall.

**WOULD YOU LIKE TO CONTRIBUTE TO RESEARCH?**

*Would you like to help provide evidence for practice?*

The Department of Physical Therapy & Rehabilitation Science announces a new initiative:

**Clinicians and Researchers Partner for Evidence (CARPE)**

Become involved in research projects run by our department faculty! All you need to do is:

- Step 1: Contact the Department to discuss the potential research collaborations available.
  - Step 2: An inservice will then be offered about the relevant research project that is of mutual interest and benefit to you.
  - Step 3: If you agree to participate you will be asked to disseminate information about the studies to patients who seem qualified. Any publications resulting from the studies would acknowledge your contribution to recruitment.
  - Step 4: Your collaboration on future projects could include co-investigator status and/or salary support and/or publications.
- Step 4 is our ultimate goal. At the present we are very interested in collaborating with clinicians who have patients with stroke in their caseload since we have several faculty who are working hard to understand the underlying mechanisms of stroke recovery to inform the design and testing of effective interventions.

If you would like to be part of this effort please contact Dr. Jill Whitall at 410-706-7721 or [jwhitall@som.umaryland.edu](mailto:jwhitall@som.umaryland.edu).



## Fall Continuing Education Seminars

### GENERAL INFORMATION

Several continuing education seminars are being scheduled for this fall and winter in conjunction with our DScPT program. These weekend seminars are open to the public. We offer group discounts for employers interested in sending more than one staff member from their facility.

All courses will be held at the Allied Health Building at the University of Maryland School of Medicine Baltimore unless otherwise noted. For complete information, please visit our website at [pt.umaryland.edu](http://pt.umaryland.edu). For questions, please contact Terry Heron at [theron@som.umaryland.edu](mailto:theron@som.umaryland.edu) or 410-706-7721. To register, please mail your check payable to the **University of Maryland Baltimore** to:

Department of Physical Therapy  
& Rehabilitation Science  
University of Maryland  
School of Medicine  
Allied Health Building  
100 Penn Street, Suite 115  
Baltimore, MD 21201  
Attn: Terry Heron

### SEMINAR DETAILS

#### Reimbursement Issues & Assuring Compliance in Outpatient Physical Therapy (.4 CEUs)

*Stephen M. Levine, PT, DPT, MSHA*

Immediately follows the Kendall Tribute;  
Tuesday October 2nd, 2007, 4:30 – 9:30 PM; FREE

Course Objectives:

- Understand why physical therapy is a prime target for audit and investigation activities and the implication for physical therapy providers
- Understand risk areas for fraudulent or abusive behavior specific to rehabilitation
- Learn how to minimize your risk of a medicare audit or investigation
- Understand the main components of the updated medicare documentation requirements and the

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importance of adherence to these requirements to justify payment

- Identify areas of risk in coding from a compliance perspective and learn documentation tips important in support of the use of codes to describe clinical practice (all settings)
- Understand the definition of medical necessity in private pay and apply the definition to your practice environment
- Understand the requirements of skilled care under Medicare and ensure you have the information to ensure compliance with these requirements
- Understand documentation issues from an auditor's perspective and learn how to ensure documentation content helps to minimize the risk of positive audit findings

- Learn about audit review flags that can be identified on your claims and documentation which may lead to further audit or investigation

**Clinical Anatomy of the Lower Extremities** (1.4 CEUs)

*Vincent Conroy, PT, DScPT*

Friday and Saturday, Oct. 20-21, 2007; \$375

Course Objectives:

- To describe and discuss the normal anatomy for clinical anatomy topics
- To describe and discuss the atypical anatomy for clinical anatomy topics
- To describe and discuss some of the literature (evidenced based medicine) for clinical anatomy topics
- To describe and discuss the evaluation techniques appropriate for clinical anatomy topics

**Biomechanical Evaluation & Treatment of the Lumbar Spine and Pelvis** (1.9 CEUs)

*Jim Meadows, BScPT, MCPA, COMP, NAIOMT*

Friday, Saturday, and Sunday,  
Nov. 30 – Dec. 2, 2007; \$475

Course Objectives:

- To critically observe the patient for signs of systemic illness, musculoskeletal conditions, significant postural deficits, central or peripheral neurological lesions, and biomechanical dysfunctions
- To recognize the indications for referral out for medical intervention of further tests
- To distinguish relevant diagnostic criteria to rule in or rule out manipulation as an appropriate treatment
- To perform manipulations appropriate to the lumbar and pelvic regions
- To establish a scientifically based and effective treatment plan

**Therapeutic Technologies** (1.3 CEUs)

*Gad Alon, PT, PhD*

Saturday and Sunday, Dec. 8-9, 2007; \$325

Course Objectives:

- To establish an evidenced-based students' knowledge of, and ability to utilize therapeutic technologies in the management of physical impairments
- To establish an evidence-based students' knowledge of, and ability to utilize therapeutic technologies to maximize locomotion and upper limb functional performance
- Acquire the theoretical and practical understanding needed to set up the clinical scope, limits, advantages, and disadvantages of each studied technology
- Maximize the clinical gains of patients treated by the graduate of this course



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 Stephen Baur  
 Catherine Bessette  
 Courtney Broadley  
 Michelle Chronowski  
 Michelle Cina  
 Sabrina De Conti  
 Michael Eisenhour  
 Julie Everett  
 Elizabeth Farrell  
 Lauren Gloger  
 Brooke Goldstein  
 Laura Heinrich  
 Lisa Nicole Keffer

Melissa Lambiasi  
 Elizabeth Lawrence  
 Elizabeth Ljung  
 Jana Lookingbill  
 Karyn Lowery  
 Melissa Moberg  
 Rejani Naralakattu  
 Lindsey Parker  
 Robin Quinn  
 Parastoo Satarzadeh  
 Moghaddam  
 Glasgow Tennille  
 Laura Terziu  
 David Thibodeaux  
 Tiffany Vaughan  
 Samantha Villanueva  
 Catherine Walvoord  
 Brian Watson  
 Meghan Williams

**Transitional  
Doctor of Physical  
Therapy – TDPT**

**May 2007**  
 Kathleen Nutter

**Doctor of Science  
in Physical  
Therapy – DScPT**

**May 2007**  
 Linda Horn  
 Jon Nordrum  
 Denise Wentzell

**Doctor of Science  
in Physical  
Therapy – DScPT**

**July 2007**  
 Shawntel Chin  
 Jamey Schrier  
 Elizabeth Wohlberg





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## Student & Faculty Awards 2007

### **Glickman/Brass Family Award**

Presented to a DScPT graduate who demonstrates strong professional character, a high level of academic accomplishment, and completion of an exemplary final project for its rigor, creative qualities, and contribution to the profession of physical therapy.

**Stacy Benner and John Nordrum**

### **Phi Kappa Phi Mentor Award**

Recognizing a faculty member who has been a mentor to Phi Kappa Phi students.

**Ellen Wruble Hakim, PT, DScPT, MS, CWS, FCCWS**

### **Phi Kappa Phi Honor Society**

Students who have earned a 3.9 or higher GPA upon completion of their academic program.

**DScPT Stacy Benner and Kimberly Kranz Transitional DPT Khida Williams-Moore and Kathleen Nutter DPT Jana Lookingbill and Meghan Williams**

### **Senior Alumni Award**

Honors the graduating student who has shown outstanding enthusiasm for the profession of

physical therapy, the Department of Physical Therapy and Rehabilitation Science and the Alumni Association.

**Elizabeth Farrell**

### **Kendall Outstanding Graduate Award**

Honors the student who has demonstrated overall leadership, academic excellence, and clinical proficiency.

**Jana Lookingbill**

### **Levine-Mandell Award**

Recognizes a graduating senior who has demonstrated the caring and compassion that makes an outstanding clinician.

**Parastoo Satarzadeh Moghaddam**

### **Elizabeth McCauley Award**

Given for outstanding clinical proficiency.

**Glasgow Tennille**

### **Dr. Frank H.J. Figge Memorial Award**

Given to the graduating student who excels in the study of Human Anatomy.

**Melissa Wohlberg**

### **Pekar-Abell Pediatric Scholarship**

Recognizes the graduating student who demonstrates commitment to pediatric physical therapy through performance in course work and clinical

affiliations, and by the intention to work in a pediatric setting.

**Elizabeth Farrell**

### **Satterfield/Care Resources Pediatric Specialty Academic Award**

Given to a graduating student with a minimum 3.0 cumulative GPA, who has participated in pediatric-focused experience or research; and has declared an intent to work as a physical therapist in a pediatric setting.

**Laura Terziu**

### **Mary Rodgers Student Research Award**

Recognizing the graduating student who has excelled in research activities.

**Brooke Goldstein**

### **Donald J. Hobart Award**

Given to the student who has demonstrated excellence in the areas of leadership, academics, compassion, and extra-curricular activities.

**Lauren Gloger**

### **GGEAR Award (Geriatrics and Gerontology Education and Research Program)**

Given to the outstanding professional student who has demonstrated a commitment to the field of gerontological studies.

**Brian Watson**

### **Who's Who Among American Colleges and Universities**

An honors program that recognizes outstanding students who have participated in professional activities, demonstrated academic excellence, and have displayed dedication to the program.

**Jill Arnold  
Michelle Cina  
Elizabeth Farrell  
Elizabeth Lawrence  
Jana Lookingbill  
Parastoo Satarzadeh Moghaddam  
Glasgow Tennille  
Brian Watson**

### **Clinical Instructor of the Year**

Selected by the students as the most outstanding clinical instructor.

**Vince DiCicco, PT – Bacharach Rehabilitation Institute**

### **Outstanding Faculty of the Year**

Selected by the students as the most outstanding faculty member.

**Sandy McCombe Waller**

### **Outstanding Adjunct Faculty of the Year**

Selected by the students as the most outstanding adjunct faculty member

**Mark Hopkins**

# From PT to Cancer Free to PT Extraordinaire

PT alumnus Sarah Noonan found herself on the other side of the patient-therapist relationship when she was diagnosed with ovarian cancer in 2003.



"I only applied to the physical therapy program in Maryland [because]... it just so happens I met the man of my dreams in undergrad at College Park and Maryland was where we were staying," says Sarah (Melrose) Noonan, MPT, class of 1996 when asked how she chose the Department of

Physical Therapy & Rehabilitation Science at the University of Maryland School of Medicine for her physical therapy education. "It was soon after I learned how great of a program it was," she shares during a phone conversation from her current residence near Minneapolis, Minnesota.

Sarah, a native of Connecticut, came to University of Maryland as a freshman to the College Park campus mainly because that's where her brother was attending school. Initially she was interested in general studies, then design but eventually migrated towards the medical field. Her father, who was in the Information Technology Group at DC General Hospital, offered her a peek into healthcare. She began volunteering in physical therapy and had the opportunity to see all kinds of people from an array of backgrounds. She remembers assisting a little boy who was learning to walk after recovering from a gunshot wound. All of her experiences led her to pursue her physical therapy degree.

She enrolled in 1993, as part of the first class to earn a master in physical therapy. Sarah describes her

professors as being "all memorable" and reflects enthusiastically on the clinical affiliations that exposed her to acute and long term care. She found her niche early on, secured her first position prior to graduation and her career was underway. Upon graduation in 1996, she married and moved to be near her husband's family in Minnesota.

Ten years after Sarah began her physical therapy training at University of Maryland, she was a successful, licensed physical therapist and director of rehabilitation at a large, long term care facility. She was where she wanted to be in her profession and anxious to start a family with her husband. But then a diagnosis came that altered her plans. On June 3rd, 2003, at the age of 31, Sarah was diagnosed with ovarian cancer. For 6 months, Sarah's life turned to fighting death in the wake of surgeries and chemotherapy. During this time she forgot she was a physical therapist. She focused her energies on beating the disease and aligning with the Minnesota Ovarian Cancer Alliance (MOCA) for support, learning and direction.

Today, Sarah is cancer free, a member of the board of directors of MOCA and active in the Young Survivors Network. She is also a member of the geriatric, home health, and oncology sections of the APTA. She is co-owner of Health Esteem Services, LLC, a company that enables individuals to lead healthy, active, and fulfilling lifestyles. The company, established in September 2006, provides physical therapy and additional support services to promote quality of life at home and in the community. Ironically enough, her first client in the new company had ovarian cancer. "My experience as a patient helped me to be a better PT. I am able to connect with patients now because I understand their pain and fear. In this case I was able to treat her from the perspective of a survivor and a professional."

Recently Sarah was reminded of her days here at Maryland when she was contacted by a young ovarian



cancer survivor who lives here. She is grateful for the education she received here and the foundation it gave her to embark on her journey. Sarah is constantly reminded of the breadth of care that a physical therapist can provide. "It's just amazing to see how involved a PT can be in a huge variety of medical diagnoses. You can help someone heal from surgery or reduce fatigue from chemotherapy. You can educate on prevention and promote healthy lifestyles. You can make a difference." And this something Sarah knows first hand.

For more information please visit the following websites:  
<http://www.mnovarian.org>  
[http://www.mnovarian.org/survivor\\_stories\\_sarah.htm](http://www.mnovarian.org/survivor_stories_sarah.htm)  
<http://www.healthesteemservices.com>



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# The Alumni Association *Evolves!*

It's been more than 20 years since the PTRS Alumni Association was established by a dedicated group of alumni and faculty. This volunteer driven group committed itself to strengthening the department by building new relationships with key stakeholders while maintaining ties with the existing ones. They created bylaws, instituted a governing body, implemented dues, and laid the foundation for the annual fund. It goes without saying that our grass roots alumni association played a tremendous role in the department's growth. Since 2000 alone, the department has transitioned to a Doctor of Physical Therapy Program, implemented two post professional programs, and added a PhD in Physical Rehabilitation Science.

These changes in the department have required new faculty and staff, additional space, and more funding. To help with this, a development officer came on board to expand the annual fund and target additional revenue sources. In order to grow the annual fund, the department recently decided to cease the collection of alumni dues in hope that these contributions would be redirected to the annual fund.

As a graduate, all alumni can benefit from our annual

free continuing education course and other activities that we host during National Physical Therapy Month each October. The annual fund makes it possible for us to maintain contact with our alumni, students, and friends through publications like *Proficio*. We also recognize that thanks to the internet, communication channels have exploded and fellow alumni can be reached with a stroke of the hand. Please visit our

Join us October 2nd for our annual Kendall tribute and free continuing education seminar.

website at [www.pt.umaryland.edu](http://www.pt.umaryland.edu) to learn about all the continuing education offerings, events and to stay in touch. Tell us if you have any class news and let us know if we can help you organize a reunion, take a tour of campus, or contact a former professor or colleague.

As we move forward, we want to thank everyone who played a leadership role in the PTRS Alumni Association over the years. Because of you, we are where we are today and we look forward to taking new steps to help our alumni stay connected to the school and each other.

## Class Notes

**Arlene Harris Vincent '59** says "I was very proud to visit the Baltimore campus — my first in many years. The same dedication and professionalism is as evident today as in the formative years of the department. I am still employed (PRN) enjoying travel and friends in a wonderful area."

**Pamela Titus '63** owns a farm with 50 horses on the eastern shore and works part-time.

**Vanie Jones, PT, DPT, MS '68** is the director of the MWH Center for Rehabilitation in Houston, Texas. She completed her DPT from Simmons College this past

May. She is interested in having a 40 year reunion in 2008. Please contact her at [VLJones@tmhs.org](mailto:VLJones@tmhs.org).

**Diane Beasom '79** works for Arnold Palmer Rehabilitation in Orlando, Florida. She is happily married with 2 kids and a dog.

**Jonathan Cooperman, Esq. '79** has 4 academic degrees and is managing a new health and wellness center in Kent, Ohio.

**Deirdre Douglass '79** is self employed in pediatric physical therapy out of her home.

**Donna Harrigan '79** works part-time for Carroll County Schools.

**Michael Malament '80** recently completed the post professional DPT program at Regis University in Denver.

**A. Russell Smith Jr. '80** is the chair of the Department of Athletic Training and PT at the University of North Florida.

**Diane T. Price '84** recently moved from Maryland to West Virginia and is the mother of five children.

**Susan Schwenz '85** owns her own business called ORCA Sports Performance Enrichment in Colorado. She received her PhD in 2000 and is an affiliate faculty member at Regis University.

**Lisa Brook '86** practices in home health care in Utah, has 3 kids, and is celebrating a 20th wedding anniversary.

**Ellen DeJong '87** opened her own practice last year called Seaside Physical Therapy in Kitty Hawk, NC.

**Richard Mead '87** received his DPT from Boston University.

**Rick Placide '89** has four daughters; Amanda (age 9), Julia (age 7), Sara (age 4), and Allison (age 2). He has a thriving spine surgery practice in Richmond, VA.

**Paul Laine '90** opened Jupiter Physical Therapy Center in Florida. He says "drop me an email at [lorunin@aol.com](mailto:lorunin@aol.com)."

**Kenneth Landry '93** works for Frederick Memorial Hospital Clinic in Maryland. He was married last year and has a 4 year old son.

**Kelson Colbo '92** is the director of Clinical Sciences at Clemson Sports Medicine & Rehabilitation in South Carolina.

**Susan Staples '93** published an article entitled "Focus on Dementia" in the publication *Topics in Geriatric Rehabilitation*.

**Michelle Parra, MPT '95** lives in Minnesota, is a mother of four, and works part time at an outpatient clinic.

**Kristen Stairs Corderman '96** lives in Northwest Florida and is a part owner of a private practice with three offices.

**Tom Angstadt '97** is the senior regional director of Fox Rehabilitation, a company that offers geriatric therapy at home.

**Melanie (Scharf) Jacoby '97** works for Physiotherapy Associates has 3 children, Mark (age 9), Allison (age 7), and Ty (age 1).

**Jocelyn Jarzynski '97** is a physical therapist in the Prince George's County Public School System. "My partner Amy and I welcomed our second set of twins, Dylan James and Jackson Andrew into our family on September 28, 2006."

**Karen (Harding) Wakefield '97** has two children and works for a private practice on the Maryland Eastern Shore that specializes in orthopedic manual therapy. She would love to hear from fellow classmates at [khmpt@atlanticbb.net](mailto:khmpt@atlanticbb.net).

**Albion Yesilonis '99** is the clinic director for Physiotherapy Associates at the Merritt Athletic Club in Towson, MD.

**Carrie and Mark Bodin '02** recently had a son Dylan. Mark is the facility director for an outpatient clinic and Carrie works in the home health setting.

**Jennifer Wetmore Bresnick '03** lives in Connecticut and was married in June. She has created an email newsletter for her fellow classmates called *The Joint*. In addition she has a dedicated MySpace page at <http://groups.myspace.com/UMBPT2003>. Log on or contact her directly at [jwetmore@LifehealthPt.com](mailto:jwetmore@LifehealthPt.com).

**Daryl Arnold '05** is the Treasurer of the Maryland Chapter of the APTA.

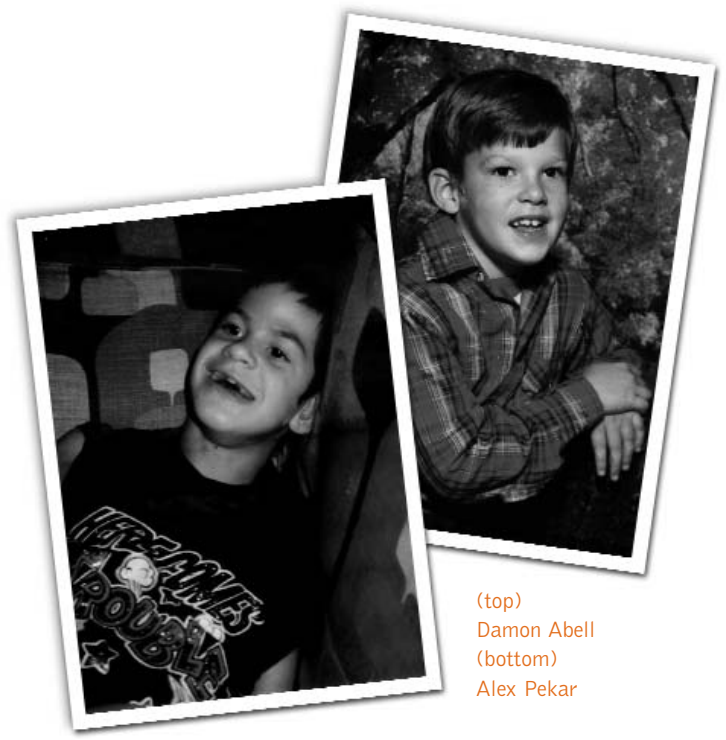
**Brigid Conroy Meyer '06** works as a physical therapist with Montgomery County Public Schools.

**Sumesh Thomas '06** is the new central district chair of the Maryland Chapter of the APTA. "My wife and I recently were blessed with a healthy baby son, Nicholas A. Thomas. I am a board certified orthopedic physical therapist and am starting a fellowship program in manual therapy with Regis University."



Our Featured Fund

# The Pekar-Abell Memorial Scholarship



(top)  
Damon Abell  
(bottom)  
Alex Pekar

Established by alumna, Tami Radov '93, the Pekar-Abell Fund was created that year to honor the memory of Alex Pekar and Damon Abell, two kids who touched the lives of many with their enthusiasm and joy.

Tami always enjoyed working with children with severe and profound disabilities. She met eight-year old Alex as a teacher's aide when she was on the path to become a special education teacher. All that changed when she watched the response Alex had to his physical therapist.

*“Alex had a beautiful smile and even though he couldn't talk, he would communicate with his eyes. He enjoyed being around people and liked being part of the action.” - Jan Pekar (Alex's mother)*

She decided that she would pursue her physical therapy degree with a goal to return to the school system as a pediatric physical therapist.

In 1987, she met 12 year old Damon, and like Alex, grew very close to him and his family. She describes him as having a “wicked sense of humor” and “very mischievous.”

During physical therapy, his personality came through and his esteem soared. He laughed while he used his body for fun and purpose. Tami even brought Damon to school after he had had another stroke so that he could help teach others in class.

Pediatric physical therapy is a specialty that helps children to reach their maximum functional level of independence. It is an expanding discipline because of the unique physiology, anatomy and development and function of children. Federal legislation entitles all children ages birth to 21 to be eligible for early intervention, including physical therapy or special education and related services. Because of the predicted demand, it is important that physical therapy

education programs place added emphasis on specialty areas such as pediatrics within their curriculum.

*“...children are so receptive and trusting. They challenge us to be creative and inventive. Physical therapy can accelerate their development and push the limits and barriers of their environment.”*

*- Fran Beamer (Damon's mother)*

Tami is asking fellow alums to consider directing their annual fund gift to the Pekar-Abell fund to reward students who have chosen the path of pediatric physical therapy as their career. The goal is to raise \$10,000 in additional funding to increase the annual scholarship award to \$2,000 per year. For more information on this and other named scholarship funds, contact Karen McGuire at 410-706-8688.

## Give Online

Go to [www.giving.umaryland.edu/giveonline](http://www.giving.umaryland.edu/giveonline).

**STEP 1** Select where you want to direct your gift:  
**Physical Therapy Annual Fund.**

**STEP 2** If your gift is restricted to a particular fund or purpose, or if it is being made in memory or on behalf of someone, type details in the **Specific Instructions** box under the section titled **Affiliation Information.**

## Annual Fund Results FY07

Now that our Fiscal Year 2007 has come to a close, we are pleased to report on the results of our fund raising efforts for the Department of PTRS. Here are some highlights:

- Total annual fund income was \$48,000, which is a 24% increase from last year's total.
- Sponsorship increased to \$14,850, which is 16% higher than last year.
- Alumni giving increased by 39% this year with the overall pledge average rising from \$80 to \$100.

Thank you to all who made a gift this past year! The annual fund provides scholarships, equipment and operational expenses for our academic programs. In addition, the money raised from our alumni and friends

helps to pay for publications, continuing education programs, student activities, and more.

We rely on your ongoing support to ensure future funding for our programs. Our goal next year is to raise \$60,000 through the annual fund. To avoid the phone-a-thon call next year, send your annual contribution early by taking advantage of the envelope in this magazine. If your gift is received before February 2008, we promise we will not call you during our phone-a-thon.



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- **Delaware:** Wilmington area
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- **Pennsylvania:** Harrisburg, Jennersville Hospital Outpatient, Jennersville Hospital Inpatient, Kennett Square
- **Virginia:** Alexandria, Ashburn, Fairfax, Herndon, Winchester
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##### Why Physiotherapy Associates?

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If these core values are as important to you as they are to us, please contact **Dave Gray, Senior Group Director**, at telephone number 410-961-4128, fax 410-489-6564 or by email at [dave.gray@stryker.com](mailto:dave.gray@stryker.com) to learn about these exciting opportunities.

## REPORT OF GIFTS

### ANNUAL FUND DONATIONS FOR FISCAL YEAR 2007

**July 1, 2006 through June 30, 2007** The symbol (#) next to a donor's name indicates that the person or organization is a member of our Ironman Club, which was initiated to recognize those who have made a contribution each year for at least three consecutive years. These donors understand that we count on their contributions every year to carry on the tradition of excellence within the department.

Because every donation matters to us, we make every effort to ensure the accuracy of the Honor Roll. The following list includes gifts made between July 1, 2006 and June 30, 2007. Pledge payments received after July 1 will be recognized in next year's annual report. If you believe an omission or error has been made, contact Karen McGuire at 410-706-8688.

Thank you to all who made a donation this past year. Your contribution makes it possible to strengthen our department and improve the quality of education for future physical therapy students.

#### **The 1956 Society (\$5,000+)**

George R. Hepburn '74/  
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#### **Golden Circle (\$2,500-\$4,999)**

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#### **Maryland PT Society (\$1,000-\$2,499)**

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and David Glickman #  
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Elizabeth McCreary  
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Jane S. Satterfield '64/  
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#### **Milestone Club (\$750-999)**

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Ricky J. Placide '89 #  
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William Solomon  
Upper Chesapeake Medical Center, Inc.

#### **Founders Club (\$250-\$499)**

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Joanna M. Blackburn '96, '03 and  
Bruce M. Blackburn '97  
Ann Copeland '78 and  
James T. Copeland '78 #  
Seema S. DeVasthali '80/  
Blood and Cancer Clinic, PA #  
Kathleen Downey-Chavez '79  
Samuel H. Esterson '03 #  
Kelly A Hawkins  
Charles A. Kibbey, Jr. '77 #  
Karen McGuire

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Krista Vandeborne, PT, PhD, Associate Professor and Chair, Department of Physical Therapy, University of Florida and W. Todd Cade, PT, PhD, Assistant Professor of Physical Therapy and Medicine



Department of PTRS Staff



Research Day



The Class of 2010 learns to work as a team at Orientation.



Student Leadership Day with President David Ramsay



Mary Rodgers and Chien Ju Lin, PhD student and stroke research assistant.



Cara Wettlaufer during Student Service Day

# ADMISSIONS

Applications for admission into the DPT program continue to increase. The Department of Physical Therapy & Rehabilitation Science traditionally enrolls 50 new students into the DPT program each year. DPT applicants for class 2011 are currently being accepted.

## Academic Profile for Admitted Students: June 2007

### Average GPA

Cumulative GPA (All undergraduate work) .....3.55

Pre-requisite GPA (Required courses) .....3.51

Average Verbal GRE .....494

Average Quantitative GRE .....620

Average Analytical Writing GRE .....4.5

## DPT Application Statistics

	2007	2006
Applied	243	217
States	21	22
International	0	0
Maryland	54%	57%
Out-of-State	46%	43%
Female	72%	72%
Male	28%	28%

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