



Ryan Geary '06 learns to work with pediatric patients in Neuromuscular Block I.

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1956 - 2006

Department of Physical Therapy

PTRS

& Rehabilitation Science

50 Years of Excellence



Letter from the Chair

This spring, along with providing outstanding educational programs and expanding rehabilitation research, the department is laying the groundwork for important events in 2006. The Department of Physical Therapy & Rehabilitation Science began providing entry-level education in physical therapy in 1956, which means that 2006 will be our 50th anniversary. Many events are slated to celebrate the occasion, starting with a kick-off in September.

We are also preparing for the site visit of our national accrediting body, the Commission on Accreditation of Physical Therapy Education (CAPTE). We graduate our first class of entry DPT students this spring, and they have demonstrated their excellence throughout the new curriculum. CAPTE requires that one year after the graduation of the first class in a new curriculum, they visit the campus and meet with students, instructors, and administrators to evaluate the program. We will be collecting outcomes through surveys and focus groups and putting together the substantial documentation required for CAPTE.

We are also excited to be moving into new space this spring. Faculty and PhD students with offices in a building on Pratt Street will be moving into office space on the second floor of the Allied Health Building. We will now have more rooms available for the small-group teaching in our problem-based learning classes and seminars. A new teaching laboratory has been located in space that used to house the locker room, and a new pediatrics research laboratory has been set up on that floor. A new student computer lab will also be part of the new second-floor additions.

Another exciting happening is the endowed professorship provided by alumnus George R. Hepburn, PT '74. The search and selection process will take place this year. We are indebted to George for his support and confidence in our pursuit of excellence.

With so much going on, it is important to express our appreciation for the hard work and dedication of the faculty and staff. In January, we said goodbye to two staff members, Laura Planas Ford and Polly Renner. Alumni activities are now directed by our public relations specialist, Alyssa Menkes. We welcome administrative assistant Marlene King who joins us from the associate dean's office.

We look forward to staying in touch, through this newsletter in the spring and *Proficio* in the fall. So, until next time, have a great 2005!

Mary M. Rodgers, PT, PhD
Professor and Chair

ALUMNUS DONATES \$1 MILLION FOR PTRS PROFESSORSHIP

George R. Hepburn, PT '74, has donated \$1 million to establish an endowment to support the School of Medicine's first professorship for the Department of PTRS. The George R. Hepburn Dynasplint Professorship will support the research, educational, and administrative expenses of a professor within the department. The dean will name the recipient of the professorship later this year.

"We are very grateful for this truly generous gift from one of our outstanding alumni," said Mary Rodgers, PT, PhD, professor and chair. "This gift will help further establish our program as a national leader in research and clinical training, thus attracting the best and brightest minds in physical therapy and rehabilitation science."

Hepburn, who is president of Dynasplint Systems, Inc., is a pioneer in dynamic splinting. Through low-stress, prolonged muscle stretching, his devices

aid in restoring a range of motion and physical function. The company, based in Severna Park, Md., employs more than 350 people in the United States, Canada, and Europe.

Hepburn created Dynasplint to address joint stiffness and muscle contracture in elderly individuals with debilitating conditions. "When I worked in the nursing home industry, I noticed so many patients with debilitating conditions. There was a consistent lack of mobility that couldn't be improved with a few physical therapy sessions a week," he said. Seeing the need for ongoing intervention, he developed the Dynasplint.



George Hepburn, president of Dynasplint Systems, Inc., and Mary Rodgers, professor and chair

"It looks like a brace and is worn continuously for a certain period of time," he said. "Using low-load force, the connective tissues at the joint are lengthened, thus relieving muscle tightening." Since its inception in 1981, the Dynasplint system has helped nearly 300,000 patients.

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1956-2006—FIFTY YEARS OF PHYSICAL THERAPY EDUCATION

The Department of PTRS will celebrate its 50th anniversary in 2006. The celebration will span both the fiscal year and the traditional academic calendar year and will begin with a kick-off event in September 2005 and end with commencement in May 2006. Marketing and public relations opportunities will be pursued throughout the campaign period.

The department's public relations committee has already begun planning the kick-off event and the anniversary dinner, which will be held in downtown Baltimore. The evening's festivities will include music, cocktails, food, and a short program highlighting the history of the department. During this event, we will welcome back our past chairs and our first graduates—the class of '58—and will honor the members of the 1956 Society. We will conclude the night with the lighting of a 50th anniversary cake.

In October, the first Department of PTRS Reunion Weekend will be held, beginning with the annual Kendall Symposium on Thursday, Oct. 6. Motivational and inspirational speaker Jackie Pflug, an airline hijacking and brain injury survivor, will speak at this lunchtime event. The weekend will offer a variety of activities including continuing education, tours, social activities, and class receptions. There will be something for everyone, whether you are a student, practicing physical therapist, alumni, family member, campus employee, or friend of the department.

Other highlights include continuous acknowledgments of our first graduating class, special donor and reunion receptions, the development of a commemorative poster and other 50th anniversary items, media interviews, government agency proclamations, and creation of a time capsule. The public relations committee is hoping to engage not only alumni for this special year, but members of the University of Maryland campus community, physical therapists, and those who participate in related professions from around the state.

The department is offering unique sponsorship opportunities as well. If you are interested in becoming involved with our 50th anniversary celebration (by assisting in planning, promotion, or contacting members of your class), or if you have an item to donate to our time capsule, contact Alyssa Menkes at 410-706-2299 or amenkes@som.umaryland.edu.

PUBLICATION CHANGES

Have you noticed a change? Beginning with this issue, the Department of PTRS will publish a newsletter each spring instead of its usual magazine. This decision was made to ensure that we make the most cost-effective use of your financial support, while still providing you with important news on a regular basis.

The fall magazine, *Proficio*, will become an annual publication. In addition to the content included in our newsletter, *Proficio* features detailed articles, faculty activities, and our annual donor report. But don't worry. We will still keep you informed of other activities throughout the year. Watch your mailbox for special invitations to upcoming programs, and of course, our anniversary celebration.

We hope you enjoy our new newsletter.



ALUMNUS OF THE YEAR—CHRIS GLAVARIS



Chris Glavaris, Alumnus of the Year 2004

We are pleased to announce that E. Christopher Glavaris, PT '88, DScPT '03, has been selected as the 2004 Alumnus of the Year Award recipient. Since completing his bachelor's degree in 1988, Glavaris has maintained an active professional and social association with the department. In 2003, he completed the Doctor of Science in Physical Therapy program (DScPT) and

continues to serve the department in a variety of roles.

He is currently a clinical assistant professor and volunteer faculty member in our Doctor of Physical Therapy (DPT) program. In past years, he has served various teaching roles within the Master of Physical Therapy (MPT) program including: principal instructor for the soft tissue manipulation course, clinical instructor for the musculoskeletal evaluation course, and assistant instructor for human anatomy and dissection. Glavaris also held the position of president of the alumni association in 2001.

In 1995 he co-founded Advanced Care Physical Therapy, a private outpatient rehabilitation practice offering physical therapy services. His professional interests include treating

general orthopedic conditions with a special focus on shoulder, spinal, and craniomandibular dysfunctions. Along with treating patients, his practice management duties include leadership, strategic planning, referral development, clinical program development, and marketing.

Glavaris participates on advisory boards for organizations including the national board of the Physical Therapy Provider Network and the board of directors for the Maryland/West Virginia franchise of the Physical Therapy Provider Network. He has also received numerous awards from professional organizations and community service groups throughout Maryland.

The awards committee chose Glavaris as Alumnus of the Year because of his dedication to the profession, his passion for teaching, and his community involvement. He will be formally acknowledged at the May pre-commencement ceremony.

The alumni association is currently accepting nominations for the 2005 Alumnus/Alumnae of the Year Award. Nominees must be graduates of the School of Medicine's physical therapy program who have accomplished outstanding achievements in the physical therapy profession. Letters of nomination must include the nominee's name, class year, and reasons for nomination. Please submit responses no later than Aug. 1, 2005 to: PTRS Alumni Association, 100 Penn Street, Room 115, Baltimore, Md., 21201, or to: amenkes@som.umaryland.edu.

PICO—A RESOURCE FOR OUR ALUMNI

One of the new skills that we are teaching students within the curriculum is the use of a Patient/Population, Intervention, Comparison, Outcome (PICO) search approach for finding evidence to help support clinical decisions about specific patients seen for treatment.

PICO is a search method that uses Ovid or Pubmed to help students and clinicians search for articles that are most relevant to a specific patient. Ovid is a platform to access premier medical, scientific, and academic research information using more than 1,200 journals, 160 books, and 300 databases. Pubmed, produced by the National Library of Medicine, is the premier source for bibliographic and abstract coverage of biomedical literature.

PICO is a streamlined version of a literature search with the specific goal of providing guidance for patient care, given the specific patient history and diagnosis, and the relevant outcomes that the clinician is pursuing in therapy. It is important to recognize that PICO is not a comprehensive literature search on a specific treatment approach or diagnosis.

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CLASS NEWS

Edna M. O'Sullivan '64 switched careers some time ago and is now a practicing psychotherapist in New Hampshire.

Donna Berlin Perlestein '65 is the proud grandmother of two grandsons, with a third grandchild expected this spring.

June D. Keibler '67 is newly married and has two children.

Florence Whiteley-Binkewicz '68 was recently promoted to rehabilitation manager for Massachusetts-based Caritas Home Care, which has three branch offices.

Barbara S. Oremland '72 gave a lecture in October 2004 on "General Joshua Chamberlain and His Injuries" at the 12th Annual Conference on Civil War Medicine in Richmond, Va. She was the first physical

therapist to speak at the conference, which is organized by the National Museum of Civil War Medicine in Frederick, Md.

A. Russell (Rusty) Smith Jr. '80, assistant professor at the University of North Florida, completed his doctorate in education in August 2004.

Diane (Collins) Price '84 left her work as a physical therapist to become a full-time mom, after returning from China with her fourth adopted daughter, Jerry.

Kathryn C. Burgwin '85 is still working at Children's Institute in Pittsburgh, Pa., in special education.

Paul G. Conner '85 recently celebrated his fifth anniversary of employment at Dundalk Village Therapy.

Rick Mead '87 opened a new physical therapy practice in Purcellville, Va.

Dennis Martucci '88 is working in home care for Advanced Orthopaedic Care in Atlanta, Ga. He passed the orthopaedic clinical specialist exam in fall 2004.

Kathleen E. Edinger '89 has moved from Connecticut to New Jersey, where her husband started a new job.

Kimberly S. Wright '89 completed her master's degree in acupuncture in December 2004. She plans to continue physical therapy part-time while starting an acupuncture practice.

Shawn O. Coleman '90 is working at Wilmac Corporation in Hanover, Pa., and taking care of two boys, T.J. and Daniel.

Nancy J. Hansen '91, who is now semi-retired, climbed 14,000-ft. Mt. Whitney in California in summer 2004.

Douglas Dillon '92 is still living in Coconut Creek, Fla., with his wife, Karen, and his children. He reports that "All are doing great."

Chris (Downes) Bowden '93 and husband, Brent, celebrated the birth of their first child, Joshua Cole, on Sept. 28, 2004.

Beth A. Brisch's ('94) daughter, Lauren, turned 1 year old on Feb. 16.

Colleen L. Armentrout '98 welcomed a second child, Owen James, to the family in May 2004. She is still working, through physical therapy contracts.

CONTINUING EDUCATION SEMINARS

To register for our continuing education seminars, visit our Web site at www.pt.umaryland.edu or call Alyssa Menkes at 410-706-2299.

COMMUNICATION: WHAT IS IT ANYWAY?

Presenter: Jacqueline D. Stone, MPA, PT
April 16, 2005

Course Description:

This seminar provides an overview of communication in any situation, balancing creativity and humor with professionalism. Participants will understand the ways in which the process of communication is important in all facets of our lives, i.e., why we communicate. The seminar will cover a self-assessment of the students' current communication style; group discussions related to case studies; and group activities to reinforce the objectives.

Contact Hours: 6.5

Cost: \$150

DIFFERENTIAL DIAGNOSIS ACROSS THE LIFE SPAN

Presenter: Robert Duvall, PT, DHSc, MMSc, FAAOMPT, MTC, PCC, CSCS
June 25–26, 2005

Course Description:

This seminar will focus on the most essential responsibility of physical therapists—the recognition of co-morbid medical conditions. Combined with one's existing knowledge and skills, medical screening competencies provide a comprehensive evaluation to facilitate safe and efficient patient management in a collaborative practice paradigm. This seminar will provide the content knowledge and process skills necessary to perform a medical screening, and help participants develop the judgment to decide when to treat—and when to refer—patients.

Contact Hours: 15

Cost: \$375

FROM THE ADMISSIONS, STUDENT AFFAIRS OFFICES

On Jan. 13, the department sponsored the annual Student Career Day. We are pleased to report that the employment outlook for the class of 2005 is very promising. Forty-eight prospective employers attended the event. Many hospitals, clinics, and private practices reported that generous starting salaries, signing bonuses, and stipends for continuing education are available to graduates. A few of the third-year students have already been approached with offers of full-time employment.

It appears that this increase in employment opportunities has also had a positive impact on the number of individuals seeking admission to the DPT program. As of Feb. 1, we had received 189 applications, an increase of 28 percent over the previous year. Applications for the Class of 2008 have come to us from prospective students in 27 states and two foreign countries. We have an exceptionally strong and competitive applicant pool. Both the quantity and quality of the applicants exceeded our expectations.

The academic profile of students selected for admission is excellent.

Academic Average for the Class of 2008

Cumulative GPA	3.51
Prerequisite GPA	3.53
Verbal GRE	490
Quantitative GRE	639

The success of our admissions and student affairs efforts are also due to the talents and hard work of Terry Heron, academic coordinator, and Joyce Johnson, admissions coordinator, both long-time members of the Department of PTRS staff.

Our applicants routinely comment on the enthusiasm and the professionalism Terry and Joyce display for the department. We appreciate their ongoing commitment to the department.

new staff



MARLENE KING

Executive Administrative Assistant

Marlene King joined the department in February as executive administrative assistant.

She provides executive-level secretarial and administrative assistance to the office of the chair.

"I had the opportunity to experience firsthand the care that was given to my mom by physical therapists during her time of need," says King. "I'm excited and honored to have an opportunity to use my administrative skills to support the department where we teach and train future physical therapists."

King brings with her a wealth of organizational, leadership, and administrative savvy. She was an executive administrative assistant to the associate dean for policy and planning in the School of Medicine for more than 3 years prior to taking this position. Her work experience includes administrative positions with the American Red Cross, Johns Hopkins University, and the University of Baltimore. In her spare time, King volunteers within the community and is obtaining her bachelor's degree from Morgan State University.

PTRS SERVICE LEARNING CENTER

The Department of PTRS Service Learning Center (SLC) is continuing to provide a physical therapy care delivery system to the medically indigent and disadvantaged citizens of the Baltimore metropolitan area. The primary functions of the SLC include:

- Providing quality, evidence-based physical therapy intervention to individuals who do not have health insurance.
- Providing the students enrolled in the entry-level DPT program access to patient care that is supervised and directed by a licensed physical therapist.
- Affording area clinicians and alumni the opportunity to serve as role models for the students by demonstrating how one can give something back to the Baltimore community.

Patients have been referred from numerous sources including primary care providers affiliated with University of Maryland Medical Center, Kernan Hospital, Johns Hopkins Hospital, Johns Hopkins Bayview Medical Center, and the School of Nursing's Open Gates Clinic. The SLC has provided more than 120 hours of direct patient contact while providing more than 200 hours of student exposure to patient care.

The SLC operates on Tuesdays and Thursdays from 5-7 p.m. in Room 146 of the Allied Health Building. The center's director, Vincent Conroy, PT '90, continues to seek individuals who would benefit from the services provided at the center. As the SLC continues to grow, the center will benefit from the help of our alumni and other area clinicians who would like to contribute to the project.

To send a referral or assist with patient care, contact Vincent Conroy at 410-706-4312 or leave a message with Joyce Johnson at 410-706-7721.

"While working at this clinic, I learned many valuable lessons on how to treat patients, document properly, and justify my decisions. Furthermore, this experience also opened my eyes to a population that does not typically receive physical therapy services due to financial reasons. Most important, I was truly inspired by the passion and generosity of my professors who were involved in this program. They are extremely dedicated professionals who value research and provide the [best possible] services to their patients. They are committed to their field and to giving back, not only to the individuals who would ordinarily not receive services, but also to their students."

Cyndi Reilly '06

PT MONTH 2004

National Physical Therapy Month is traditionally celebrated each year during October. This past year, the Department of PTRS, along with select PT Month partners, sponsored several free events open to the public in an effort to increase awareness about the



Florence Kendall, and Ben Massey, at the Kendall Symposium

profession and the educational programs we offer. We kicked the month off with the University team participating in the Komen Race

for the Cure in Baltimore. More than 90 people representing the department donned green tie-dyed T-shirts and walked, jogged, or ran the 5K course.

Ben F. Massey Jr., PT, MA, president of the National American Physical Therapy Association, was our guest speaker at the annual Kendall Symposium held on Oct. 14. He spoke to the more than 110 attendees about "Vision 2020: A Roadmap for the Future." Later in the month, our professors Sandy McCombe Waller, PT, PhD, NCS, and



The University Center Team poses at the Komen Race for the Cure.

Jill Whitall, PhD, taught a free continuing education course on the topic of "Using Evidence-Based Medicine in the Clinic."



ALYSSA MENKES

Alumni Association Staff Liaison

Alyssa Menkes has been on board since October 2003 as the department's public relations specialist.

She is responsible for branding the department through all media channels and marketing the various programs to the public. She is also the chair of the department's Public Relations Committee, which is busy planning the 50th anniversary celebratory year.

Alyssa eagerly accepted the alumni association role because she sees it as a natural complement to her responsibilities. "I have extensive volunteer management experience from my background in nonprofits. I know how important it is to engage our alumni now to ensure the solid future of the department. My goal is for alumni to feel connected and have their education continue long after graduation."

STAFF HIGHLIGHTS

Doris Farrell, business services specialist, is the eUMB payroll representative and department liaison for the PeopleSoft financial and grant module. Farrell recently became involved with the Research Administrators Committee (RAC). In her spare time, she takes care of her family and is the president of the Ladies Auxiliary of the Fleet Reserve Association, an organization dedicated to the welfare of retired enlisted military personnel.

Jeff Hawk, IT specialist, serves on UMB's e-Learning Committee (ELC) and the Technology Classroom Committee (ITCC). The goal of the ELC is to promote, support, and troubleshoot Web-based and Web-enhanced learning. The ITCC is a resource for developing standards for teaching space in the technology/digital age. Hawk is a member of the Instructional Designers Affinity Group (IDAG), which consists of instructional designers, instructors, and others who support online learning in various capacities. He recently attended Educause's mid-Atlantic Regional Conference seminar on "Learning Space Design for the 21st Century." He co-presented in March 2005 at the Sun Conference on Teaching and Learning at the University of Texas at El Paso.

Karen R. Sack, administrator, has completed all requirements for the Departmental Administrators Program, a certification of The Society of Research Administrators (SRA) International. Sack is completing the certificate for the SRA Program in Compliance. She continues to serve as chair of the campus-wide RAC mentoring group, a role she has held since 2002. In addition, Sack is a member of the campus-wide Research Development Grand Rounds, a professional development series for faculty researchers.

Savithamma (Sarita) Sanjoy, IT specialist, is co-chair of UMB's e-Learning Committee. She is also a member of IDAG and serves as IDAG's Web master. Sanjoy is also a member of ITTC and attended the Educause conference in January.



DPT students learn how to assess posture and gait in geriatric patients.

DPT PROGRAM NEWS

SELF-STUDY PREPARATIONS

In preparation for our accreditation site visit in June 2006, we are beginning to plan for writing the entry-level DPT self-study. Several of our department's faculty members attended the self-study workshop at the Combined Sections Meeting in February to learn more about the new Commission on Accreditation of Physical Therapy Education (CAPTE) requirements, which went into effect in January.

MONTHLY GRAND ROUNDS OPEN TO ALUMNI

Rehabilitation-focused grand rounds, held monthly, are now a regular part of the DPT curriculum. Organized by Chris Wells, PT, PhD, CPS, they include interdisciplinary presentations and discussions on a variety of clinical topics.

Grand rounds are held Wednesdays from 5:30-7:30 p.m. and are open to all clinicians. Light refreshments are provided. For a full schedule and list of presenters, please visit the department's Web site at www.pt.umaryland.edu.



Far left: Class of '06 celebrates "Survivor Day" at the end of Neuromuscular Block I.



Left: Hope Ollivierre '07 learns about components of developmental tests through interactions with children in Basic Sciences III Block.

POST-PROFESSIONAL PROGRAM UPDATE

DScPT Graduates Contribute to the Profession with Final Projects

We are approaching the third year of the Doctor of Science in Physical Therapy (DScPT) program and have graduated 16 students to date. To successfully complete the DScPT degree, each of these students completed a final project in addition to passing the required and elective coursework. The final project is a rigorous, scholarly endeavor that incorporates what students have learned in the program with the creative expression of their particular area of interest.

Some common elements of final projects are: independent effort, advancement of the student's knowledge, incorporation of some aspect of Boyer's model of scholarship (i.e., the scholarship of discovery, integration, teaching, or application), use of evidence-based medicine, peer review, mastery of the applicable literature, and originality. In addition, each final project must be disseminated to the public in some way, e.g., formal publication, Internet publication or posting, poster presentations, or program development.

Faculty advisors and content area experts, who serve as mentors, review proposals before endorsing student projects. After the student has completed the project, it undergoes an individualized peer review process by content area experts and further review by the Post-Professional Programs Advisory Committee. After successfully completing their final projects, students are certified for graduation.

Examples of final projects include:

- a manual to establish a physical therapy practice
- programs to assist practicing physical therapists
- business plans for diverse practice opportunities
- curriculum and course development for advanced educational offerings
- clinical research studies, resource manuals, and newspaper articles for community services
- in-depth case reports, and syntheses of scientific and professional literature

For more information on the DScPT program, contact Fran Huber, PT, EdD, at 410-706-4543.

CLINICAL EDUCATION ADVISORY GROUP

On Jan. 25, the first meeting of the Clinical Education Advisory Group was held in the Allied Health Building. The purpose of this group is to bring together the clinical education team and outside clinicians working directly with the department's students during their clinical internships. This concept received tremendous support, both internally and externally. Twenty-two outside clinicians and adjunct/voluntary faculty came to add their voices to those of the full-time faculty on such issues as standardization of clinical education experiences, development of partnerships between the department and local sites for the purpose of education, and specific measures used by the department to validate students' readiness for the clinic.

By the end of the meeting, it was apparent to the group that more work together would be necessary to accomplish their mutual goals. The expected collaboration will be essential in providing students with excellent clinical education experiences, and the community with exceptional physical therapy graduates.

APTA CSM PRESENTATIONS

Student Presentation on Professionalism Advocacy Platform at CSM

In February, Elizabeth Gallelli, representing the Doctor of Physical Therapy class of 2005, was invited to present a platform presentation on the Student Professionalism Advocacy Committee (SPAC) at the American Physical Therapy Association's Combined Sections Meeting in New Orleans, La.

SPAC is a student-driven peer review process developed at the School of Medicine's Department of PTRS by members of a professionalism development focus group. The SPAC committee includes Elizabeth Gallelli, Joseph Strelbel, Adam Weaver, Baker Campbell, Rob Connolly, Daryl Arnold, Carrie Hughes, Netanel Levi, and Heather Langley.

The presentation reviewed the developmental process of this unique peer review system, its structure and mechanisms, and the outcomes since its adoption. In addition to Gallelli, other SPAC members who attended the conference were Heather Langley and Daryl Arnold.



(From left, back row) Adwoa Bonsra, Kristin Mowry, Renee Nyarko and (front) Liliya Nalbandyan await volunteers for wellness screenings.

APTA NATIONAL STUDENT CONCLAVE

LORA STUTZMAN '07

Attending the National Student Conclave in Charlotte, N.C., this past October was my first opportunity, as a first-year student, to see what the American Physical Therapy Association (APTA) has to offer. I learned that involvement in the APTA is a wonderful asset for both students and professionals in physical therapy. It provides assistance for growth in the field, knowledge of current issues, and opportunities to network and learn about a wide variety of clinical topics.

The Department of PTRS and the Alumni Association were generous enough to provide funding for nine of us to attend. Having such a large group allowed us to cover many of the sessions held throughout the weekend and to bring back the information to fellow classmates.

When we walked into the exciting atmosphere at the conclave, we saw students everywhere. During the opening celebration we heard two experienced APTA leaders tell stories of their careers, talk about leadership roles, and how the APTA helped their careers grow. Afterward, we were introduced to the student assembly president, Jaison Oommen, and honored by the presence of Florence Kendall.

The days were filled with educational sessions on a variety of topics. Seminars I attended included information on professional development through specialist certification, career path opportunities, financial planning and debt management, professionalism, pediatrics, sports, and research. In addition, students had opportunities to mingle with representatives from companies that provide physical therapy products and services.

The student assembly candidates presented statements, and elections were held afterward. It was interesting to hear each candidate's views on key issues affecting the profession and their plans for advocating the importance of student involvement in the APTA. This year was extra special because Daryl Arnold, a



APTA Student Conclave (from left, back row): Elizabeth Becoskie, Lisa Nicole Keffer, Lora Stutzman, Jacqueline Arnold, (front row) Robin Quinn, Melissa Lambiasi

third-year student from our program, was elected student assembly vice president!

During the weekend we were fortunate to have a third-year student from our program join our group. She generously shared information about her experiences at the conclave, her course work, and clinical affiliation. It was helpful to gain these insights from a more experienced student.

Attending the conclave has inspired me to become more involved so I can help other students take advantage of APTA resources. I am excited about where the field is headed and about the student assembly that will be representing us next year. I am looking forward to future APTA conferences and hope to continue to learn and share as much information as possible.



Daryl Arnold '05 was elected APTA Student Assembly vice president

STUDENT WELLNESS OUTREACH PROJECT

Since 2003, second-year students have participated in a wellness outreach project. For each project, a group of six to nine students is responsible for proposing their topic, developing a marketing strategy for their target audience, scheduling PT supervisors, preparing written handouts for the participants, and finally, executing the event.

The wellness outreach projects were designed to reflect the changes made to the entry-level program when it transitioned to the DPT three years ago. In addition to understanding where wellness fits within the traditional physical therapy interventions and scope of practice, students are learning: how wellness programs can reduce health care costs; common types of prevention programs; the importance of screening programs; and how to effectively market an outreach or wellness program. In subsequent blocks, students

even have the opportunity to learn how to develop their own Web page to promote a wellness concept or event.

In addition to being a great practical experience, the wellness outreach programs have built productive relationships between the Department of PTRS and local organizations and schools and significantly increased the visibility of our students on campus.

For example, in fall 2004, PTRS students represented the Maryland chapter of the APTA during PT Month by presenting the "Fit Kids" healthy lifestyles program to third- and fourth-graders at Catholic Community School in South Baltimore.

In January, the students administered vital sign and postural screenings to more than 50 students and staff members in a two-hour session at the University Athletic Center. Future events include exercise



DPT students Karin Conley, Kristin Lucido, and Liliya Nalbandyan conduct posture and alignment screenings on campus.

prescriptions for obese community residents involved in a local wellness program, and scoliosis screenings for elementary school students.

50TH ANNIVERSARY PARTNERSHIP OPPORTUNITIES

October is National Physical Therapy Month, but this year October will mean much more for the Department of PTRS. In conjunction with National PT Month, we will be kicking off our 50th anniversary celebration. As part of this historic event, we are offering special opportunities for businesses to partner with us as sponsors during this highly visible promotional campaign. Sponsorships range from \$250 to \$10,000 and will support our 50th anniversary celebration and enhancements to our academic programs. If you are interested in learning more about the marketing benefits of becoming a 50th anniversary sponsor, call Karen McGuire at 410-706-8688 or visit our Web site at www.pt.umaryland.edu.

ANNUAL FUND

Our fiscal year 2005 annual fund campaign is off and running. Thanks to the fall reminder from our campaign chair and the efforts of our phone-a-thon callers last November, our alumni have generously responded! More than \$32,000 has already been received. This is a 7 percent increase over last year and nearly half of this year's goal of \$70,000. However, more than one thousand alumni have not yet supported this year's fund-raising drive. If you have not made your gift, please consider doing so this spring. The University of Maryland School of Medicine receives less than 6 percent of its annual budget from the state. Therefore, we especially rely on private contributions from our alumni. Every contribution, large or small, helps provide ongoing funding for important academic needs.

Contributions can be mailed to: PTRS Annual Fund, University of Maryland School of Medicine, 100 N. Greene Street, Suite 600, Baltimore, Md. 21201. Checks should be made payable to The University of Maryland Baltimore Foundation, Inc. You can also make your donation online by visiting <http://giving.umaryland.edu/Giveonline> and selecting the "Department of Physical Therapy & Rehabilitation Science, School of Medicine" in step 2.

GIVING LEVELS

1956 Society	\$5,000 and up
Golden Circle	\$2,500-\$4,999
Maryland PT Society	\$1,000-\$2,499
Anniversary Club	\$500-\$999
Founders Club	\$250-\$499
Century Club	\$100-\$249
Friend	\$1-\$99

1956 SOCIETY MEMBERS AN ELITE GROUP

As you know, the department will be celebrating its 50th anniversary in 2006. In recognition of this historic event, we have established a gift club for those most committed, passionate donors who give \$5,000 or more through an annual gift, five-year pledge, or a deferred planned gift.

In September we will formally induct these donors into the 1956 Society at a special presentation during our 50th anniversary dinner. Each member of the 1956 Society will also receive name recognition on the Wall of Honor display, a commemorative gift, and VIP invitations to our upcoming anniversary events.

Are you willing and able to make a gift of \$1,000 for the next five years to support the department's mission? Would you consider naming the department in your will or estate plans? Please call us at 410-706-8688 to find out how you can get your name included on our 1956 Society list.

MAKE AN IMMEDIATE IMPACT: MAKE YOUR DONATION ONLINE

Go to <http://giving.umaryland.edu/Giveonline> and be sure in step 2, designation of gift, to select the Department of Physical Therapy & Rehabilitation Science, School of Medicine

ANOTHER GIVING OPTION: THE CHARITABLE GIFT ANNUITY

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70	\$3,866	6.5%	\$650	\$386
75	\$4,366	7.1%	\$710	\$454
80	\$4,855	8.0%	\$800	\$547
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the age of the beneficiaries receiving the income (see chart for some examples.)

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THANKS TO OUR SPONSORS

We appreciate the support we receive from businesses in the community. One of our goals is to continue to build relationships with companies in the physical therapy industry and private practice. We would like to give special recognition to the following corporate sponsors who supported the department this fiscal year through PT Month, the phone-a-thon, and other departmental initiatives:

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RESEARCH HIGHLIGHT GENDER DIFFERENCES IN ACL INJURY

The anterior cruciate ligament (ACL) plays a key role in the stability of the knee during jumping and cutting movements. Consequently, an injury to the ACL can be both debilitating and costly. Annual costs for surgical repair and rehabilitation of ACL injuries for women are more than \$850 million. These costs do not include long-term costs related to the premature onset of joint degeneration and osteoarthritis that commonly follow the initial trauma.

One of the reasons that ACL injuries have generated so much attention is that female collegiate athletes are prone to injure their ACLs two to 10 times more frequently than men participating in similar athletic or military activities.

Several causes for the gender disparity in ACL injuries have been proposed. Gender differences in biomechanics, anatomy, and fluctuating levels of sex hormones are all garnering significant research attention. The potential influences of sex hormones on the

strength and injury rate of the ACL is the focus of research by William Romani, PT, PhD, ATC, SCS.

Romani, an assistant professor, joined the department in August 1998. The following summer he started a project to determine the relationship between the major female sex hormones—estrogen and progesterone—and the strength of the ACL. The National Athletic Trainers Association Research and Education Foundation funded this project.

Romani and his team found that close to ovulation, when estrogen is at its highest concentration in the blood, young, female subjects with higher estrogen concentrations had weaker ligaments. Romani's findings were published in the *Journal of Women's Health & Gender-Based Medicine* in 2003.

Although this first study identified relationships between female sex hormones and ligament strength, the possibility remained that the male sex hormone, testosterone,

may provide men with some type of protection from injury. Before Romani's group could investigate the relationship between testosterone and ACL strength in women, they had to first show that the ACL had the hormone receptors that androgens, like testosterone, could bind to and effect some type of change on this tissue.

Together with Rich Lovering, PT, PhD, in the Department of Physiology, they identified the androgen receptor on the ACL of young women for the first time. As a follow-up, Romani's team found a significant relationship between testosterone concentration and ACL strength and, as they suspected, this relationship was opposite that of estrogen. Subjects with higher testosterone had stronger ACLs close to ovulation.

Currently, Romani is funded by a grant from the NIH's Building Interdisciplinary Research Careers in Women's Health (BIRCWH) program. This funding has allowed Romani to work with senior researchers in

women's health from the School of Medicine, including his long-time mentor and collaborator Jodi Flaws, PhD, associate professor and head of the division of gender-based epidemiology in the Department of Epidemiology and Preventive Medicine.

Romani is looking forward to settling in to the department's new 1,400 square-foot musculoskeletal biology lab he shares with assistant professor David Russ, PT, PhD.

The new lab provides the opportunity to conduct the latest basic science techniques on ligament and muscle tissue. The new facility will aid future projects to determine the mechanisms by which hormones influence ACL tissue and how hormone-related changes influence the strength of the ACL in rats. Both studies should improve the understanding of why women injure their ACLs more often than men.

ALUMNI DONATES \$1 MILLION

(Continued from page 1)

Hepburn says that his background in physical therapy was fundamentally important to his achievements at Dynasplint. "I value the physical therapy education I received at the University of Maryland School of Medicine."

"Establishing this endowment is a way for me to give back and encourage other physical therapists to look for ways to improve upon conventional treatment approaches to ultimately benefit patients," Hepburn explained.

The department is thrilled to be among the first physical therapy programs in the nation to have a named professorship.

"Never before has our department received a gift of this magnitude," said Rodgers. "With George's help, we are establishing one of a handful of professorships in physical therapy in the entire country."

PICO—ALUMNI RESOURCE

(Continued from page 2)

After learning this search strategy, students are asked to use it to determine and justify treatments that they choose for patients in class. They are also encouraged to use a PICO search for patients they see through their part-time and full-time affiliations.

In October 2004, Jill Whitall, PhD, and Sandy McCombe Waller, PT, PhD, presented a free, four-hour, continuing education program on the use of PICO. The session ended with a one-hour practical application lab in the computer center at the Health Sciences and Human Services Library.

Participants were shown how to construct a focused PICO search, which they then carried out. Using the E-Journal library resources, many were also able to find and print articles relevant to their patient case.

PICO Available to Alumni

Did you know that as a member of the PTRS Alumni Association you have access to all resources, including online search engines such as PICO, through the Health Sciences and Human Services Library at the University of Maryland?

You can access E-journals right from your work or home computer. For information on this and other alumni association membership benefits please call Alyssa Menkes at 410-706-7721.



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RESEARCH PARTICIPANTS NEEDED

Manual wheelchair users currently experiencing shoulder pain are needed for participation in a research study. The purpose of this study is to test a 2-speed (power-assisted) manual wheelchair wheel. The wheel will attach to each participant's personal wheelchair. In addition to using the wheels, participants in the study will receive monetary compensation. The Department of PTRS and the Baltimore VA Medical Center are conducting this study. For more information, contact Margaret Finley, PT, PhD, at mfinley@som.umaryland.edu or Karen Gordes, DScPT, at 410-706-5211 or kgordes@som.umaryland.edu



100 Penn Street
 Baltimore, MD 21201-1082

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Archived copies of this newsletter and *Proficio* magazine are available in PDF format at www.pt.umaryland.edu.

Calendar of Upcoming Events

APRIL

- 1 Accepted Students Day, 10 a.m.–3 p.m., Allied Health Building
 - 6 Grand Rounds: "Physical Therapy Practice in the Patient's Home Environment" presented by Kimberly A. Bell, DPT, 6–8 p.m., Allied Health Building, Room 219
 - 16 Continuing Education: "Communication: What is it Anyway?" taught by Jacqueline D. Stone, MPA, PT, (Time TBA) Allied Health Building
- Wheelchair Basketball Challenge: Maryland Ravens vs. Students of the Department of PTRS to support the Pittsburgh-Marquette Challenge, 5–7 p.m., Leadership Through Athletics Gym, Lansdowne, Md. Donations to benefit the Foundation for Physical Therapy.
- 20 Curriculum Day Faculty Meeting 9 a.m.–5 p.m. Allied Health Building, Room 319
 - 22 DPT I Pinning Ceremony, noon–2 p.m., Davidge Hall
 - 29 Research Day, Guest Speaker: James E. Gordon, EdD, PT, associate professor and chair, Department of Biokinesiology and Physical Therapy, University of Southern California, 8:30 a.m.–noon, Westminster Hall

MAY

- 11 Grand Rounds: "Role of Rehabilitation in the Recovery of Patients with Artificial Heart Device" presented by Erik Sorensen, PhD, and Rachel Gestido, MPT, 6–8 p.m., Allied Health Building, Room 219
- 19 Pre-commencement ceremony, 10 a.m., School of Nursing Auditorium
- 20 Commencement, 3 p.m., 1st Mariner Arena

JUNE

- 2 New Student Orientation, 9 a.m.–5 p.m., Allied Health Building
- 8-11 APTA Annual Conference and Exposition, Boston, Mass.
- 25-26 Continuing Education: "Differential Diagnosis Across the Life Span" taught by Robert Duvall, PT, DHSc, MMSc, FAAOMPT, MTC, PCC, CSCS, (Time TBA) Allied Health Building
- 30 Fiscal Year Closes: Annual Fund Pledges Due

JULY

TDPT Pre-commencement ceremony, (Time and Location TBA)

SEPTEMBER

- 15 50th Anniversary Kick-off Dinner, 6–9 p.m., Harbor Court Hotel, Baltimore, Md.
- 24 Fall Open House, 9 a.m.–1 p.m., Allied Health Building

OCTOBER

- 1-31 National Physical Therapy Month
- 6 Kendall Symposium, Guest Speaker: Jackie Pflug, 11 a.m.–1 p.m., School of Nursing Auditorium
- 7 Department Welcome Reception, 1–3 p.m., Allied Health Building
- PT Playoffs, 3–5 p.m., (Location TBA)
- Class Reunion Receptions, 5–8 p.m., Allied Health Building
- 8 Free Continuing Education, 9 a.m.–1 p.m., (Location TBA)
- 21-23 APTA National Student Conclave, Denver, Co.

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