

PROFICIO

FALL 2011

Helping, Advancing, Making Progress in Physical Therapy

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



Exploring New Directions,
Welcoming New Faces

CALENDAR

SEPTEMBER

Saturday, September 24, 2011

Admissions Open House

9:00am – 12:00 noon

Allied Health Building, 100 Penn Street

OCTOBER

Tuesday, October 11, 2011

Career Day

2:00pm – 4:00pm

Campus Center, 621 W. Lombard Street

Prospective employers are welcome to meet students in the May 2012 graduating class. For more information, contact: Deidra Stevens, Clinical Education Assistant: djstevens@som.umaryland.edu

Tuesday, October 11, 2011

Alumni Reception

4:30pm – 6:00pm

A reception will be held to honor the PTRS 2011 Alumnus of the Year: retiring faculty member Roy Bechtel, PT, PhD. To RSVP contact: Terry Heron, theron@som.umaryland.edu

Tuesday, October 11, 2011

6:00pm – 9:00pm

Florence Kendall Free Continuing Education Course

Presenters: Gad Alon, PT, PhD; Roy Bechtel, PT, PhD; Roy Film, PT, OCS, FAAOMPT

Title: Three Amigos of PT Look to the Future

Topics: Roy Bechtel - Hamstring Strain and Differential Diagnosis; Gad Alon - Functional electrical stimulation (FES): A forward-looking perspective; Roy Film - Clinical Prediction Rules: Hope or Hype?

Sunday, October 23, 2011

Race for the Cure

Hunt Valley, MD

Walk with Team PTRS! Sign up at www.komenmd.org

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PROFICIO

*Helping, Advancing, Making Progress
in Physical Therapy*

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LETTER FROM THE CHAIR



Dear Friends;
PTRS is on the move!

Our new campus President, Jay Perman, MD, spoke at our spring curriculum day about interprofessionalism, the importance of working collaboratively across disciplines, and of civility in the workplace. As a department already committed to these values, we welcome his leadership to the campus. President Perman actively engaged the campus in the formation of a new strategic plan, which goes live this fall. Among the new strategic initiatives is new branding that designates our campus as the University of Maryland Founding Campus. You can see the new logo on our back page.

We are in the last year of our current departmental strategic plan and have accomplished our goals of evaluating programs, expanding research activity and further building our associated faculty. We continue to be grateful for the highly qualified associated faculty who support the DPT curriculum. We also have welcomed several new staff members to support these expanded activities in PTRS (see Staff News on page 6). The PhD program in Physical Rehabilitation Science and our entire research enterprise continue to grow. Several new post-doctoral fellows have joined us on the NIDRR-funded training grant received by Mark Rogers, PT, PhD, Vice Chair for Research. Five new PhD students started this summer. In addition, a joint DPT/PhD degree program is being proposed.

Dr. Leslie Glickman, PT, PhD, has provided excellent leadership as acting Director of the entry-level DPT program while a national search was being conducted. We are pleased to welcome Dr. Susan Baker as our new Vice Chair for Professional Education and Director of the DPT program (see page 4). Dr. Glickman continues her leadership in her new role as Executive Director of External Affairs, as well as continuing as the Director of the Doctor of Science in Physical Therapy (DScPT) program. At the Pre-commencement and Commencement Ceremonies May 19-20, 2011, we celebrated the last official group commencement for the DScPT program. In existence more than 10 years, the total number of graduates of the program is over 100. This unique distance educational program was one of the first in the country and attracted licensed therapists from throughout the US.

As we welcome these new members of PTRS, we know that our continued success is a credit to the dedication, hard work, commitment and expertise of all of our faculty, staff, volunteers, alumni, and friends that make it possible for PTRS to continue to provide high-quality education and research. As a self-funded program, we rely on support from you, our alumni and friends, to sustain and grow our programs. Thus, I would like to especially thank Jane Satterfield, '64, and those of you who have so generously contributed to the PTRS Strategic Endowment for the Future. This fund will provide financial security for the department in these times of economic turbulence, and will offer resources to seize new growth opportunities in future years. If you have not done so already, I encourage you to consider a gift to support this very important initiative.

This fall our annual Alumni day and free continuing education session will take place on October 11, 2011. We will be honoring Gadi Alon and Roy Bechtel, who will be retiring after 36 and 26 years respectively with PTRS. I hope to see you at this and many of the other upcoming activities detailed on the calendar page to the left.

On behalf of faculty and staff, thank you for your support and continued commitment to the department!

Warm regards,

Mary M. Rodgers, PT, PhD, FAPTA
George R. Hepburn Dynasplint Professor and Chair



Larry Forrester, PhD, tests the brain cap on a study volunteer.

Engineering a New Future for Physical Therapy

BY CAELIE M. HAINES

We don't think much about how much effort goes into walking and other deliberate limb movements, until suddenly we are not able to do them any longer. Patients with stroke, spinal cord injury, or amputated limbs, however, don't have the luxury of being so blissfully unaware of these actions. New advances in engineering and technology research may soon help to change all that.

Larry Forrester, PhD, Associate Professor in the Department of Physical Therapy and Rehabilitation Science at the University of Maryland School of Medicine, and José 'Pepe' Contreras-Vidal, PhD, Associate Professor of Kinesiology at the University of Maryland at College Park, recently published an article in the *Journal of Neurophysiology* on their groundbreaking research, which they hope will one day enable non-invasive, robotic-assisted devices to follow the brain's commands and spur movement in paralyzed limbs. Using a sensor-lined "brain cap" that can measure EEG, "we record the brain waves as the person is walking on the treadmill," Dr. Forrester explains. "At the same time, we record the leg movements with a motion analysis system, which is a pretty standard biomechanics method in our lab. These are synchronized in processing, after the experiments are done, and the goal is to analyze the

EEG, and identify the brain signals that predict the movements of the legs.”

Neither of these methods of analysis is invasive, which sets them apart from similar experiments with monkeys that have used electrodes implanted directly on the brain to achieve the same results. “This is a first step toward just using brain activity to measure intention to step or walk or in any way use our legs,” Forrester explains. “If you can get that intention from brain waves and use those signals to control a robotic device...for somebody who’s not able to use their legs, it might enable them to walk or move independently.”

Forrester knows this all sounds very futuristic. “There’s a ways to go, obviously,” he says. “But this latest paper using data from nondisabled subjects shows the proof of concept, that we can take this complicated activity and reliably forecast the movements intended by the brain from the brain waves themselves. So when the day comes when we have really lightweight, smart, robotic-powered prosthetics that you might strap onto your legs – perhaps if you’re a spinal cord injury patient who can’t walk, or maybe someone who lost one or two limbs to an injury – these smart prosthetics would be able to be controlled by your brain waves. By thinking, ‘I want to stand up,’ the machine stands you up, or ‘I want to take a step,’ and it makes you step.”

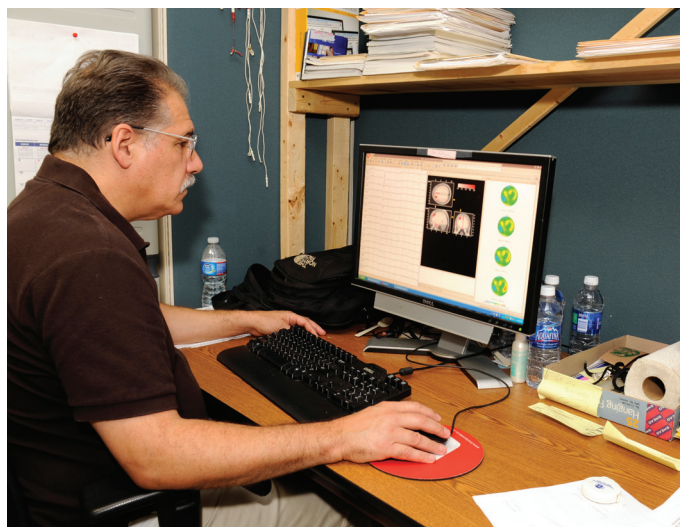
Even for those less seriously impaired, this research has exciting implications. “Take a person with stroke who has some function, but they’re weaker, they maybe have partial paralysis,” Forrester says. “This could be a very powerful motor-learning tool for them to enhance their own capabilities independent of a robotic device. By using the brain to communicate with the device, they’re sort of promoting their own brain plasticity by exercising it in this way.”

In science fiction films, such amazing technology usually comes with negative consequences, with the machines replacing the humans who have created them. “This isn’t about machines replacing physical therapists,” Forrester insists. “That’s not it at all. In my view, it takes the trained therapist to understand how best to apply this kind of technology. So, just like many years ago, when there weren’t very many treadmills or dynamometers in clinics, today more and more technology is available in those same

places. So it’s possible that in the future the kind of devices that we are imagining right now could be readily available, and it will be important for physical therapists to know how they work, what their benefits are and what their limitations are, and to be able to engage with the scientists and engineers who are researching these devices to help think about the best ways to implement this type of technology.”

Engineering seems to be the wave of the future in physical therapy research. Forrester recently took on a PhD student, Ozell Sanders, who is coming from an engineering program but will get his doctorate in Physical Rehabilitation Science. “This isn’t the first time we’ve done this, but it does signify that our rehabilitation research is increasingly building technology into our consideration of new rehabilitation approaches,” Forrester explains. “Again, we’re not looking to supplant therapists but to increase their resources for helping patients. We have a lot to learn, but I think it’s an exciting new area.”

And it’s an area of research that could put the University of Maryland on the map. “We have a chance to move to the front of the class nationally and possibly internationally if this work can actually get to where it can get traction,” says Forrester excitedly. “We have the technology and engineering backup with which we can do these kinds of things, if we assimilate engineers who are interested in rehabilitation questions. It’s kind of a new dawn, in that respect, for our research.”



Ron Goodman, PhD, working in the Robotics Lab.

New Faces Bring Fresh Ideas to PTRS

BY CAELIE M. HAINES

With the departure of Ellen Wruble Hakim, PT, DScPT, last winter, the Department of Physical Therapy and Rehabilitation Science (PTRS) went on a national search for someone to serve as the director of the entry-level DPT program. They found an outstanding replacement in Susan M. Baker, PT, DSc, who recently relocated to Maryland from Huntsville, Alabama. She is not only overseeing the DPT program, but is also Vice Chair for Professional Programs. (Leslie Glickman, PT, PhD, effectively served as interim for these positions prior to Baker's arrival.)

Baker previously was faculty at Loma Linda University, and most recently at Oakwood University, where she spent 11 years as director of the Allied Health program. Throughout her academic career, she has taught all levels of PT students, from pre-professional students to physical therapy assistants to those pursuing graduate degrees in the field. "I think having students at all these levels has given me a good breadth of experience," Baker says. "The undergraduate experience was really interesting for me, because I started looking at PT students differently as a result of advising and working with them at the undergraduate level. It's given me depth that I don't think I could have gotten if I had only taught at the graduate level. And it's also given me an appreciation of what we really should be looking for in students who are going to be successful in physical therapy."

Although a job promotion for her husband is what led Baker to Maryland, she was not going to settle for teaching just anywhere. "This program has a good reputation, good national ranking, and good outcomes. Nothing's really broken in the program," she says. "But, as educators we need to have a consistent mindset of moving forward. That's what I, personally, am interested in. And the reason I took this position is

because I believe that faculty, staff and administration at PTRS have that mindset also. We are good, but we're not going to rest with good. We're going to kick it up to the next level. I feel good about where the program is and where it wants to go in the future. We're challenged with the idea



Susan Baker

of progressive professional education. If professional education is stagnant, and it doesn't move and grow, it's going to die. We are committed to excellence and growth."

Baker posits that one of the best aspects of academe is being involved with students. "I can't go too long without being around students," she says with a laugh. "I recently met with our first- and second-year students, and they are phenomenal. PT students are unique because they've got a certain edge to them. They're not adverse to fun! Yet, they are academic high performers, focused, and disciplined, fully engaged in the transformation process we're putting them through."

That transformational process includes three years of intense classroom work, clinical experiences, and exposure to rehabilitation research. "All of these things combine to transform them from academically well-prepared students into physical therapy professionals who are fully competent and prepared to practice the science and the art of PT," says Baker. "We have a history of great graduate outcomes, which underlines the success of our students, as well as PTRS Chair, Mary Rodgers, PT, PhD, and the efforts of committed faculty."

Baker believes growing the research aspects of the entry-level DPT program will further the PTRS mission. “Engaging in research teaches students to think in a way that helps them to be collaborative, intellectually curious, and to look at things in a critical manner,” she says. “The future of physical therapy depends on our answer to some pressing questions: ‘Do we have good solid research that supports our interventions? Do we utilize evidence in clinical practice? Will we be able to accept and embrace technology to further our practice?’ Students will have to be prepared to move from our current practice paradigm into a new practice paradigm, one that is going to involve patient empowerment, professionals working together in multidisciplinary teams, and cutting-edge research.” PTRS faculty are involved in developing this type of research, with Dr. Mark Rogers leading the process as Director of the PhD in Rehabilitation Science program.

Although adjusting to her new position and meeting with faculty and students has been taking up much of her time since she was hired in August, Baker sometimes runs away from it all to pursue one of her favorite hobbies. “I like to do half-marathons,” she explains. “My husband is a marathoner, and he’s in the process of doing marathons in all 50 states. He’s already done 32 of the states, all of the continents and the North Pole. Marathoning around the world gives us a chance to combine exercise with travel, which we both enjoy. As a physical therapist I should say that I love to exercise. But I don’t really. I exercise because I know how important exercise is to health and well-being.” Those runs do give Baker the opportunity to engage in a secret pleasure, though. “I like country music,” she confesses with a smile. “I guess I lived in Alabama too long.”

In addition to all of her academic achievements, Baker also has years of successful clinical practice. During her time as a physical therapist, she has worked in all types of settings, with a developed specialty in geriatric rehabilitation. Her interest in participative goal-setting resulted in original research, which was awarded by the American Physical Therapy Association. Although Baker loves teaching, she equally enjoys working in the clinic, and she believes “There is no better profession than physical therapy and no greater fulfillment than helping people restore quality to their life.”

Working closely with Susan Baker will be Aynsley Hamel, MDE, Program Coordinator for the entry-level DPT, who



Aynsley Hamel

joined the department in June. “We have a lot to learn, but we’re learning together,” Hamel says of Baker.

As for her duties, “My main mission is to help the students advance through the program,” Hamel explains. However, for the first year of her job, she expects to do more behind-the-scenes work. “I’ll be getting a feel for all that needs to be done as far as coordinating courses and making sure they go off without a hitch,” she explains. “That might incorporate anything from coordinating adjunct faculty; coordinating practical exams; posting materials to Blackboard or posting grades to Blackboard; ensuring that student notifications of grades go out in a timely manner; and even meeting with faculty as needed, if things aren’t going quite as well as they should be.”

Initially, she has been working more closely with faculty than with students. “That’s because we’re at a bit of a lull in the school year, although our curriculum goes year-round,” Hamel says. “We’re very unique in that respect. It keeps us on our toes at all times. But we are kind of in a lull, because the classes from the summer are just ending. So right now my focus has been with the faculty. However, I anticipate that once the fall comes around I’ll start seeing the students a great deal more.”

She hopes that when she does, she’ll find ways to incorporate her Masters degree in Distance Education into the students’ educational experience. “Once I get a better idea of how the program works and what needs to be done, I’ll be better equipped to work with faculty and think of ways to use distance learning within the curriculum to both enhance and expand it,” Hamel says. “I really do want to be able to do that; that’s one of the reasons why I took the position. I’m looking forward to exploring the possibilities. One of my first goals is to make sure we provide a high-quality experience for our students. So, down the line, I want to work with the faculty to explore opportunities in distance learning that we can leverage to make our program even stronger.”

DEPARTMENT NEWS

New Faces

Janice Abarro joined the department in June as a clinical research assistant working in the research lab of Dr. Mark Rogers. Janice will be working in the area of intervention training studies. Prior to joining PTRS, Janice acquired extensive training and experience as a physical therapist technician and work-hardening coordinator at Active Physical Therapy in Laurel, MD.



Woei-Nan Bair, PT, PhD, received her PhD from the University of Maryland, College Park this summer, and soon after was appointed

to a post-doctoral fellowship with Dr. Mark Rogers. She was previously a research assistant in the department.

Susan M. Baker, PT, DSc joined us as Vice Chair for Professional Education and Director of the DPT program on August 1. (See story on page 4 for more on Dr. Baker.)

Kelly Dougherty is assisting on a part-time basis with the day-to-day activities and events of the Clinical Education Office.

Aynsley Hamel, MDE, started as Program Coordinator for the eDPT Program in June (See page 5 for more).



Shailesh S. Kantak, PT, PhD, joined the department in July as a Postdoctoral Fellow in the UMANARRT (University of Maryland

Advanced Neuromotor Rehabilitation Research Training) Postdoctoral Training program, under the direction of Dr. Mark Rogers. Dr. Kantak completed his PhD with a major in Kinesiology from the University of Southern California and was most recently a Postdoctoral Fellow in the Neuroplasticity Laboratory in the Rehabilitation Institute of Chicago.



Nicki Mitchell started a new position in the department as of June 1, 2011, working part time as a Coordinator with Krista

Nazelrod to provide administrative support in research.

Kaitlin Riddle joined the department in June as a clinical research assistant. She will be a member of the "Falls Intervention Team," under the direction of Dr. Mark W. Rogers.



Jennifer Souliyadeth, BS, joined the department in June as an Accountant working in the Business & Accounting Office.

Jennifer brings to this position 12+ years accounting and payroll experience working in industry, non-profits and the University. Prior to joining the department, Jennifer held the position of payroll accountant in the University's Central Administration Office of Financial Services with responsibility for 9,000+ employees. Jennifer holds a B.S. degree in Accounting & Finance from the University of Baltimore, and earned a certificate in money, banking and finance. In addition, she is fluent in three languages: Laotian, Thai, and English.



Patricia Young, PhD, joined the department in June as a Postdoctoral Fellow in the UMANARRT postdoctoral train-

ing program, under the direction of Dr. Mark W. Rogers. Dr. Young completed her PhD with a major in Biomedical Engineering from the University of Texas at Austin.

Exciting Places

Leslie Glickman, PT, PhD, Assistant Professor and Executive Director of External Affairs, was selected as a volunteer at the World Conference for Physical Therapy 2011 (WCPT), which was held in the Netherlands in June 2011. Anne Reicherter, PT, DPT, PhD, presented at the event. This year's WCPT General Meeting was the largest ever,

with 94 of 106 member organizations in attendance, participating in decisions affecting the profession globally, including the adoption of a range of new policy documents. Over 5000 physical therapists attended the congress to present the latest research, discuss professional issues and visit the exhibition.



DEPARTMENT NEWS



Karen Sack, Administrator, earned high praise at the NCURA (National Council of University Research Administrators)

Region II Conference for her session entitled "Faculty Transfers – Coming and Going," which she presented in Brooklyn, NY, in May.

In the News



Marlene King, Coordinator, was featured in a photo gallery in the April 16, 2011 issue of the Baltimore Sun spotlighting "Steps

to the Cure," an event put together by The Larry and Lori Lickstein Foundation, which provides support for breast cancer patients. Marlene, who modeled

at the Valley Mansion event, was shown wearing a gown designed specifically for her by Afua Sam of Studio D'Maxsi Designs.

Sandra McCombe Waller, PT, PhD, MS, associate professor, and **Jill Whittall, PhD,** professor, were featured on the American Institute of Physics' Discoveries and Breakthroughs Inside Science (DBIS) program. Their video segment discussed "Regaining Strength After Stroke" and the Tailwind rehabilitation device they helped invent.



Deidra J. Stevens, Coordinator in the Clinical Education Office, was featured in the *Baltimore Business Journal* on March 18, 2011.

Deidra, who is president and founder of Music 4 More, discussed her charity, which raises money for music programs in schools.

Publications

Gadi Alon, PT, PhD, and co-authors published "Non-invasive electrical stimulation of the brain (ESB) modifies the resting-state network connectivity of the primary motor cortex" in *Brain Research* (2011).

Taking the Lead

Leslie Glickman, PT, PhD, is transitioning from her role as acting Director of the DPT program to a new leadership position as Executive Director of External Affairs. The position will enable Leslie to continue to provide important leadership to PTRS in facilitating Goals 3.2 and 3.3 in our current strategic plan: "Develop organizational partnerships that advance our mission" and "Increase the visibility of our research, education, and service programs."

Saying Farewell

Two longtime faculty members will be leaving the department this winter.



Roy Bechtel, PT, will retire as of November 1, 2011. He has been with the department since 1985.



Gadi Alon, PT, PhD, will retire as of January 1, 2012. He has been with the department since 1975. PTRS is greatly indebted

to both of these long-term faculty members, and we'd like to express our gratitude for the wisdom and experience (and humor) they have shared with us for many years! Please join us on October 11, 2011, when both Roy and Gadi will be presenting at the annual Kendall Symposium.

ALUMNUS OF THE YEAR

2011

Alumnus of the Year

ROY BECHTEL, PT, PHD



The 2011 Alumnus of the Year is someone well known to the Department of Physical Therapy and Rehabilitation Sciences. Roy Bechtel, PT, PhD, has been teaching here since 1985, although he plans to retire in November, perhaps to pursue a very different kind of dream (more on that later).

Roy graduated in 1979 with a BS in Physical Therapy, quite a change from the first degree he earned, which was in Urban Studies. He later went on to earn a Masters in Physical Therapy at NYU and a PhD in Biomechanics at the University of Maryland, College Park. Yet it was only an accident that led him into physical therapy in the first place. “I found myself in a PT office, and this very nice gentleman there was working with a patient,” Roy recalls. “I got to watch what he was doing, and he let me put my hands on the patient and feel what was happening, and he pointed out this and that. It was a very wonderful, eye-opening experience. I said, ‘Wow, people can actually work with other people and help them to do things they couldn’t do before. That’s a great idea. Let’s try that.’”

After a few years of working in California, living just a few blocks from the beach, Roy got a phone call from Clarence Hardiman, then Chair of the department. “He said, ‘We have an opening for a teacher in orthopedics.’ And I had previously

decided that I was going to say no if he ever made that phone call, but somehow during the course of the call I ended up saying, ‘OK, I’m coming.’ And that was it; I’ve been here ever since.” Roy admits that even all these years later, he isn’t sure why he said yes. “Probably all the good experiences I had here as a student had something to do with me wanting to come back and teach and contribute back to the program.”

Physical therapy has seen a great many changes in the ensuing years, most of them positive. “The development of the Fund for Physical Therapy for research support has been instrumental in really making physical therapy have a bigger impact – in medical schools and in the country in general,” says Roy. “It’s been very good, and I hope that that continues. Another big change has been the progression to the Doctor of Physical Therapy becoming the entry degree. I’ve seen this program develop from a Bachelor of Science degree to a Masters of Science to a Doctor of Physical Therapy. That has meant that we now see students we would probably not have seen before. Our students now could easily transition to the medical school if they chose to do that. They’re prepared to do that sort of thing, but they’ve chosen to become physical therapists, which I think is great.”

In his years here at the University of Maryland School of

Medicine, Roy has taught these students many different topics, including osteology, anatomy and professional issues. “Currently, I’m the block leader for Musculoskeletal Block 1 and Musculoskeletal Block 2,” says Roy. “I kind of oversee those, but I’m transitioning now, because of the impending retirement in November, to let Roy Film slide into those blocks. He’s going to be great, because he’s a certified manual physical therapist and a fellow of the American Academy of Physical Therapists, which is pretty much as high as you can go in the field of manual physical therapy. He also recently earned his DPT. It’s going to be a great experience for the students.”

Roy is quite passionate about the importance of manual physical therapy versus other kinds of physical therapy. “We know what we’re doing and some of those others don’t,” he says with a laugh. “I say that entirely facetiously, but there is a definite store of knowledge that manual therapists learn about that other physical therapists don’t pursue for whatever reason. There are so many specialties in physical therapy that you can’t imagine that everyone could know everything about the field. But manual physical therapists, in particular, know a lot about anatomy, they know a lot about the biomechanics of how things work.”

Manual therapists then “put those things together and look at a patient and say, ‘OK, I can see these things are working, and these things are not, so we need to look at the things that aren’t working and see if we can make them better.’ I like it, because it’s a very hands-on thing,” says Roy. “You get to put your hands on your patient and feel that response of the patient to what you’re doing almost immediately. You get instant gratification, because if you do the right thing at the right time, it’s going to feel great, and the patient will feel better.”

Roy’s love for physical therapy is quite evident in the way he talks about his chosen profession. “This field can be amazingly rewarding if you have a set of expectations that matches what the profession can offer,” he says. “Just be sure that you really want to do physical therapy. Because there’s a world of opportunity out there, other things you could do. You could be a physician, a dentist, an emergency medical technician, or a physician’s assistant. There are an endless number of possibilities, so if you really want to be a physical therapist, this is the place for you, but if you’re not sure, you should go do something else for awhile, until you really

are sure.”

Doing something else is what Roy has planned following his November retirement. “I’ve always had a dream of painting poetry on rafts and then sending them out to sea,” Roy confesses. “I think Hawaii is the best place to do that. So that’s my goal.” He says all this with a smile, making one wonder if perhaps he is kidding. But later he shares some of the poetry he plans to put on those Hawaiian rafts (see sidebar).

Before he goes, though, Roy has one last message for his friends, students and colleagues here at PTRS. “Thank you to everybody,” he says. “This has been a great experience for me, I’ve learned a lot, had a great time being here, and I wouldn’t trade my time in this place for anything in the world.”

LIVES OF THE LOWLAND SAINTS

Quit Shouting !

the lowland saints toil quietly

there is nothing to be gained
by Shouting

the lowland saints coexist
with mortals who shout

Look at me
Look at me

the lowland saints are generally unimpressed
by Shouting

the lowland saints traverse the world vicariously and in real time

following the trail of tears in the Middle East
bicycling in the Netherlands
cruising on the open ocean
walking across the Bering Sea on the backs of silvery salmon

a saint glances about

no one has noticed

the lowland saints smile
quiet
anonymous
happy

ALUMNI NEWS

This year's Research Day was held on May 16, 2011 and featured two outstanding alumni. Matthew Scherer, PT, PhD, NCS, now a major in the U.S. Army, works for the U.S. Army Research Institute of Environmental Medicine (USARIEM). He presented "Evidence of Vestibular Pathology in Blast-Related TBI." Douglas Savin, PT, PhD, now an assistant professor in the department, presented "Using Motor Adaptation to Explore the Flexibility of Walking Post-Stroke."

Pictured to the right: Department Chair Mary Rodgers, PT, PhD; Doug; Matt; and Mark Rogers, PT, PhD, Professor and Vice Chair for Research



Dynasplint Systems, Inc. President and Founder **George R. Hepburn, PT**, Class of 1974, was nominated as an Ernst & Young Entrepreneur of The Year 2011 Maryland Award finalist. According to Ernst & Young LLP, the awards program recognizes entrepreneurs who demonstrate excellence and extraordinary success in such areas as innovation, financial performance and personal commitment to their businesses and communities. George was selected as a finalist from a record number of nominations by a panel of independent judges.

DScPT program graduates **Brandi Brian** and **Cheryl Adams** presented at CSM 2011 (the Combined Sections Meeting of the APTA) in New Orleans in February 2011, as did Leslie Glickman, PT, PhD, Assistant Professor and Executive Director of External Affairs.



Brandi Brian and Leslie Glickman in front of the poster Brandi presented.

Franchino Porciuncula, DScPT, Class of 2011, is moving from Maryland to New York City to attend an EdD program in Motor Learning & Control at Columbia

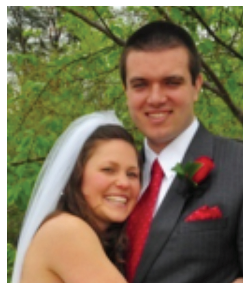
University. At the same time, he will be working at Mount Sinai Hospital in NYC as a senior physical therapist.



Quinn Gunter

Naomi Gunter, PT, Class of 2010, and her husband, Jeff, welcomed son Quinn on July 8, 2011. "We are very excited," says the proud new mom.

Congratulations to **James Bor, PT, DScPT, OCS**, Class of 2009, who passed his Orthopedic Specialist Certification exam and is now Board certified by the ABPTS.



Rachel Elizabeth Dalby, DPT, class of 2009, got married on April 23, 2011 to Timothy Lee Prindle. The

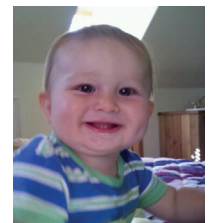
two are making their home in Arnold, MD.

Catherine Walvoord, DPT, Class of 2007, and her husband welcomed their second son, Remy, on March 31, 2011. Their firstborn, Kai, is 2 1/2. Catherine is now living in North Carolina and working mostly with dancers in her regular job at Dunn Physical Therapy. She has also be-



Remy and Kai Walvoord

Adele Levine, MPT, Class of 2001, and Ashley Smith welcomed Hanno Wilder Levine to their family on Sept. 13, 2010.



Hanno Levine

come involved with the National Taskforce on Dancer Health in New York.

Ann (Airey) Wendel, MPT, Class of 1998, recently completed 100 CEUs with Myopain Seminars and successfully passed her written and practical exams to become a Certified Myofascial Trigger Point Therapist. Ann is now able to utilize Trigger Point Dry Needling with her patients in the orthopedic outpatient setting in Alexandria, VA.

Jane (Edings) Galbreath, PT, Class of 1995, wrote to say that she "completed a transitional doctorate and had the pleasure of reconnecting with **Marni Kallins** and **Terrance Johnson** when we found ourselves in class together once again, this time in Montana! My children are all adults, and I have the great pleasure of the company of three wonderful grandchildren. I am still living in Odenton. I am Director of Rehabilitation in a skilled nursing facility in Bowie

and very much enjoy working close to home. When not with grandchildren or working, I have been enjoying sailing the Chesapeake. Last year spent a week on the Bay and hope to do more again this fall. A big hello to classmates in the classes of 1994 and 1995!"



Jane Galbreath with her beautiful family.

Jamey Schrier, PT Class of 1995 & DPT Class of 2007, reports that "my company, Schrier Physical Therapy - with locations in Rockville & Gaithersburg MD - has started the first Physical Therapy Orthopedic Residency Program in Maryland. Our first Resident started August 1, and he happens to be a 2011 graduate."



Lisa with some of her Haitian patients.

Lisa Goodfriend, MPT, Class of 1988, went to Haiti last year following the

earthquake, to volunteer her services for PT and wound care.

Mary Tischio Blackinton, PT, EdD, GCS, Class of 1983, recently started a new position at Nova Southeastern University (NSU) as Associate Director of a Hybrid Entry Level DPT (HE-DPT) Program. Mary has been teaching for the last 17 years in both entry level and TDPT Programs at NSU and is excited to lead a very innovative approach to

PT Education at NSU's Tampa campus. The HE-DPT Program uses a hybrid or blended delivery model where students learn through a blend of both online AND face-to-face interaction. The four-year program gives students more financial, geographic, and time flexibility than traditional classroom-based programs. The charter class of 23 students started class on May 31, 2011.



NSU's new class of HE-DPT students. Mary is pictured in the front row, 2nd from the right.

Bonnie Gateau (Smith), PT, CSCS,

Class of 1983, has been in private practice since 1987 and currently has two office locations. Her corporate office is in Lusby, MD (Calvert County), in a 4000-square-foot facility that she owns, and a second office is in Lexington Park, MD (St. Mary's County). She recently joined with another private practice in Grand Island, NY (Grand Island Physical Therapy) in starting a Medically Oriented Gym (MOGSM). Bonnie will be relocating her Lexington Park office to California, MD, where a new 7000-square foot facility will open in October with a fully operational PT clinic and Medically Oriented Gym. There are currently eight other private practices throughout the United States that are members of the MOGSM co-op. Please check out www.gateaupt.com for updates on Bonnie's integrated health promotion service company.

Rene Cervi, PT, Class of 1980, invented a rehabilitation product called Tranzboard. It is a transfer system that moves people between a wheelchair and a toilet. She was issued a patent on the device on June 7, 2011 and is now working to bring Tranzboard to market.



Susan Dawidowicz Thompkins, PT,

Class of 1977, has joined Susan Rosenblatt-Schehr, Class of 1981, at Pain Relief and Sports Rehabilitation in northeast Baltimore County.

In Memoriam

We would like to extend our deepest condolences to the family of **Barbara Oremland, PT, MEd**, Class of 1974, who passed away suddenly in May. Barb was an accomplished Civil War Battlefield photographer in addition to being a physical therapist, and proudly reported in last fall's *Proficio* about an acclaimed, month-long exhibition of her work, titled "Visions of Gettysburg," that had been held at Penn Camera in Baltimore.

James Austin Barnhart, a noted Baltimore physical therapist who taught in the department in the 1970s, died July 17 of Parkinson's disease at Stella Maris Hospice in Timonium. The long-time Riderwood resident was 84. Mr. Barnhart's son, James Bradley (Brad) Barnhart, is a 1987 graduate of the department.

STUDENT NEWS

Each spring semester the University Fitness and Wellness Center (URecFit) hosts a Wellness Fair. The objective of the event is to increase health and wellness awareness by providing screenings, activities, demonstrations, and information; and to motivate participants to make positive health and wellness behavior changes. Our DPT students participated by providing blood pressure, extensibility and posture screenings. This year the students, who were supervised by Dr. Vincent Conroy, conducted 402 procedures.



Michael Miller performs an extensibility evaluation;

Joshua Vogel prepares for a blood pressure screening



A good time was had by all at our Pinning Ceremony on Friday April 15. Along with 56 first-year DPT students, more than 200 of their family and friends joined PTRS faculty and staff for the annual ceremony and reception. A special thanks to Angel Jackson, Leslie Glickman, Vinny Conroy, Terry Heron, Joyce Johnson, Jeff Hawk, and Sherron Woods for all of their work on this!



Vincent Conroy, PT, DScPT, assistant professor, accompanied a group of students to the Springfield Hospital Center in Sykesville on Monday, June 20 for the annual interdenominational service to honor the cremated remains of more than 600 people who have donated their bodies to medical education. The service, which has been held for nearly 40 years, was coordinated by the Maryland State Anatomy Board and Springfield Hospital Center's Office of Volunteer Services to honor donated and unclaimed bodies. PT student Rebecca Holsinger told the *Carroll County Times* that she came to the ceremony out of respect for those people who donated their bodies, which she said are an unmatched educational tool. "Being able to see the muscles and the movement of muscles is such an important part of our education," Holsinger said. "What we learn by having these bodies makes up the basis of our profession, so we are just so grateful for the opportunity they have provided us."



The seventh annual Wheelchair Basketball Challenge featuring UMB PT students versus the MD Ravens took place on Sunday, June 5, 2011 at the SMC Campus Center basketball court. Proceeds from the event benefited the MD Ravens, the Physically Challenged Sports Program and the Kennedy Krieger Institute.



A New Global Education Initiative

From September 2-10, 2011, the department kicked off a small global educational project for DPT students. As part of their Part-Time Internship experience (clinical and special project components), three of the 2nd-year students traveled with Dr. Leslie Glickman to Suriname and immersed themselves in this South American culture for one week. There were planned activities for them with the Surinamese PT students, Surinamese clients, educational faculty and clinical instructors, as well as opportunities to visit key sites in the capital city of Paramaribo. The students also had several educational requirements to fulfill before, during, and after their visit.

Learning about cultural diversity and physical therapy education in a developing country through an actual immersion experience is an outstanding growth opportunity for our PTRS students. Among physical therapy educational programs in the US, this experience is fairly unique, yet very appealing to the number of students who have a passion for travel and exploring new cultures.

BACKGROUND

Dr. Glickman has been working with the Suriname PT program at Anton de Kom University of Suriname since January 2010 through Health Volunteers Overseas (<http://www.hvovusa.org>). She is currently the HVO Volunteer Program Director for Suriname, providing input on their program evaluation, helping to enhance the professional development opportunities for practicing clinicians, and overseeing the implementation of courses in their new MSPT curriculum. Including PTRS students in her planned September 2011 program visit became a natural extension of the existing collaborations through HVO.

FUTURE PLANS

To jump start this global project for DPT students, the department redirected the remaining funds in the Brass-Glickman Scholarship Award to this initiative. In order to grow the funds and enable more students to have this experience in the future, we hope to obtain grant funding for this and other immersion experiences that students will be able to use as a springboard for research in the area of cross-cultural adaptability, social responsibility, and advocacy.

For more information on this project and opportunities to contribute to its sustainability, please contact Dr. Leslie Glickman at lglickman@som.umaryland.edu.



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DEVELOPMENT

Annual Giving Update for FY11

We are pleased to report on the results of our fund raising efforts for the Department of PTRS. Total annual income in FY2011 was \$89,583. Here are some highlights:

- Alumni continue to be generous in their support. 345 PTRS alumni contributed a total of \$34,269 in FY2011, with \$14,936 in alumni contributions designated for the PTRS Endowment for the Future.
- The PTRS Endowment for the Future received a total of \$23,306 in donations in FY2011.
- There were two PTRS Phone-a-thons this year, raising \$15,543 in gifts and pledges for the PT Annual Fund and for the PTRS Endowment for the Future. This is a 50% increase from 2010.
- Gifts from corporations and organizations added up to \$43,525, a 28% increase from FY11.
- \$6,545 was contributed to the department from non-alumni friends in FY11, reflecting a 6% increase over what was donated by PTRS friends last year.
- PTRS employees generously donated \$5,244 this year—with ten more employees contributing this year than last year.

The PTRS Strategic Endowment for the Future, which was established to provide operational support to the department in perpetuity, has continued to grow with your support. This fund will help stabilize the department's budget in times of economic turbulence and support future program growth. Through a generous matching gift from Jane Satterfield '64 this year and various appeals throughout the year, over \$40,000 is currently held in the endowment.

We truly appreciate every gift we received this year, no matter how large or small. Annual fund income is critical for the continuation of our academic, research, and alumni programs. Each year we receive less support from the State of Maryland, and costs are increasing every day. Your annual gifts provide sustained support to help the department bridge the gap, so we can sponsor student activities, purchase new lab equipment, and reach out to our alumni with programs like The Florence Kendall Free Continuing Education seminar. In addition, many gifts support scholarships, academic awards, and research.

We rely on your ongoing support to ensure the future of our programs. Please take advantage of the envelope in this magazine to make your fiscal year 2012 annual gift early. Thank you!

Donate today!

Make your gift with ease online today. Go to www.fundformedicine.org and click link to Make a Gift. Be sure to select the Department of Physical Therapy & Rehabilitation Science from the drop-down menu in the Gift Designation section of your form. Or call us toll-free at 877-FUND SOM. Your gifts are deeply appreciated by the entire PTRS community!

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In today's fluctuating financial environment, it's tough to know where to put your money to work. Perhaps a charitable gift that provides income for life is an opportunity worth exploring.

Most importantly, a gift annuity gives you the opportunity to make your legacy commitment to the School of Medicine. It's nice to know your generosity can make a difference in the lives of others while also making a difference in your own.

Sample benefits of a \$10,000 Single Life Gift Annuity (Effective July 1, 2011)

| Annuity Age at Gift | Age 65 | Age 70 | Age 75 | Age 80 | Age 85 |
|-----------------------------------|---------|---------|---------|---------|---------|
| Annuity Rate ¹ | 5.3% | 5.8% | 6.5% | 7.5% | 8.4% |
| Charitable Deduction ² | \$2,933 | \$3,503 | \$4,085 | \$4,628 | \$5,407 |
| Annual Payment | \$530 | \$580 | \$650 | \$750 | \$840 |
| Tax-free income (cash gift) | \$355 | \$408 | \$477 | \$571 | \$675 |

¹Deduction will vary slightly with changes in the IRS Discount Rate. Assumed rate 2.8%

PLEASE NOTE: Charitable gift annuities are provided through the University of Maryland Baltimore Foundation, Inc. The above examples are for educational purposes only and do not constitute an offer to issue annuities where precluded by state law. Donors should always consult with their tax advisors in determining the suitability of making a planned gift.

REPORT OF GIFTS

Annual Fund Donations for Fiscal Year 2011 | JULY 1, 2010 through JUNE 30, 2011

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 our annual report. The following list includes gifts and pledge payments made between July 1, 2010 and June 30, 2011. Alumni of the Department of PTRS with multiple degrees are recognized by their most recent degree year. 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.

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Happy Anniversary!

Terry Heron and Karen Sack both celebrated milestone anniversaries with the University of Maryland School of Medicine this year. Find out the secrets to their longevity with the department:



TERRY HERON

How long have you been with the University of Maryland?
40 years – I started on February 15, 1971.

Was this your first job? If not, what did you do before?
This was my first job – right out of high school.

What has kept you here so long in a time when it's no longer usual for people to stay with one employer?
Short answer – the people and the students. I feel privileged to work with some amazing people and it has been a joy working with so many students. I love hearing from our alumni and catching up.

What is your favorite memory from your time working here?
Wow, that is a tough one. There are so many. The best part of this job for me has been the wonderful life-long friendships I have made along the way. I would like to thank Bobbie diSabatino for one. She was a wonderful mentor to me and a friend I will always cherish. She taught me so much about work ethics but also how to have fun along the way. She made a real impact on me, probably more than she will ever know. I feel blessed to have had the opportunity to work here and form the friendships I have today.



KAREN SACK

How long have you been with the University of Maryland?
30 years.

Was this your first job? If not, what did you do before?
Before coming to UMB, I was a buyer for Hutzler's and prior to that, group sales manager for Hecht's, Washington DC division.

What has kept you here so long in a time when it's no longer usual for people to stay with one employer?
I've found managing the operations of a department always to be exciting. Each day brings new opportunities. I enjoy developing and mentoring staff and have been privileged to know so many wonderful faculty, staff and students over the years. These relationships have enriched my life immensely. It's all about the people.

What is your favorite memory from your time working here?
My time spent as the Director of the UMB Golf Club and running the charity golf tournaments for seven years; being Chair and facilitator of the RAC Mentoring Group for eight years.

Anything else you want to add?
I'm looking forward to many more years at UMB.

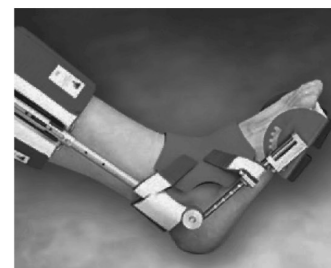


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LOOKING BACK

Gadi Alon, PT, PhD, will be retiring in January 2012 after 36 years with the department. A native of Israel, where he earned his certificate in Physical Therapy from the Wingate Institute, Gadi practiced in home country for awhile before coming to Northern Virginia, where he practiced at Fairfax Hospital (and earned a Masters in PT from the Medical College of Virginia). He came to the University of Maryland School of Medicine in 1975. "I wanted to become a better clinician, a better researcher, a better teacher, and in doing so enjoy life," he says, when asked what led him to Maryland.

After obtaining his PhD from Maryland, Gadi returned to Israel briefly to become Interim Chair of the PT school at what is now the University of Tel-Aviv, but by 1983 he was back at PTRS for good. Since then, he has seen amazing changes in the field. "Being here from the days that the highest degree was a BS and all students were required to complete genuine research projects, everything has changed – and continues to change," says Gadi.

Among those changes: "The intrinsic and extrinsic scope of PT practice and the PTRS curriculum; teaching and learning approaches; the diversity of faculty and students – and the diversity of opinions about what is important teach and what is not; department management methods and styles; and, of course, the now-irreversible trend of harmonizing manual and personal communication skills with technological knowledge and implementation, both in teaching and in clinical practice."

Through all of that, though, one thing has not changed – you must enjoy what you're doing and convey that joy to your patients, says Gadi. "A treatment without fun is an incomplete treatment."



GRADUATION



Scenes from the 2011 Graduation celebrations, including the students gathering on the lawn outside the Nursing School, where the ceremony was held; Drs. Roy Bechtel and Gad Alon helping to bestow the graduate hoods; happy graduates; Department Chair Mary Rodgers, PT, PhD, with School of Medicine Dean E. Albert Reece, MD, PhD, MBA; the DScPT graduates gathering for a reunion; and more candid shots of graduation.



(Above) Alumni and friends of the department gathered at a reception during the annual APTA conference, held at the National Harbor in DC in June 2011.

(Left) Dr. Conroy dissecting with Ashley Lloyd and Kristen McMahon in the anatomy lab; Sarah Pilosi and Jennifer Sauers reviewing palpation skills during an outdoor surface anatomy lab lesson; Danielle Cortina and Torie McIntosh testing Dr. Conroy's surface anatomy skills; Christine Danielson, Lane Salter, Ashley Lloyd, Alex Bevacqua, Tom Massie and Joshua Wach at the osteology table.



(Lower left) More alumni and friends at the APTA reception.

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(Clockwise from top left) The Class of 2014 taking a break at the ropes course; ropes course guide leading Adam Gershowitz, Sarah Pilosi, Jessica Minacapelli and Sarah Caffey in a team-building exercise; a trust exercise; Alex Ream and Marion Gerlach taking on the ropes tower. (Bottom) Members of the Class of 2012 review a poster being presented at Research Day last April.

