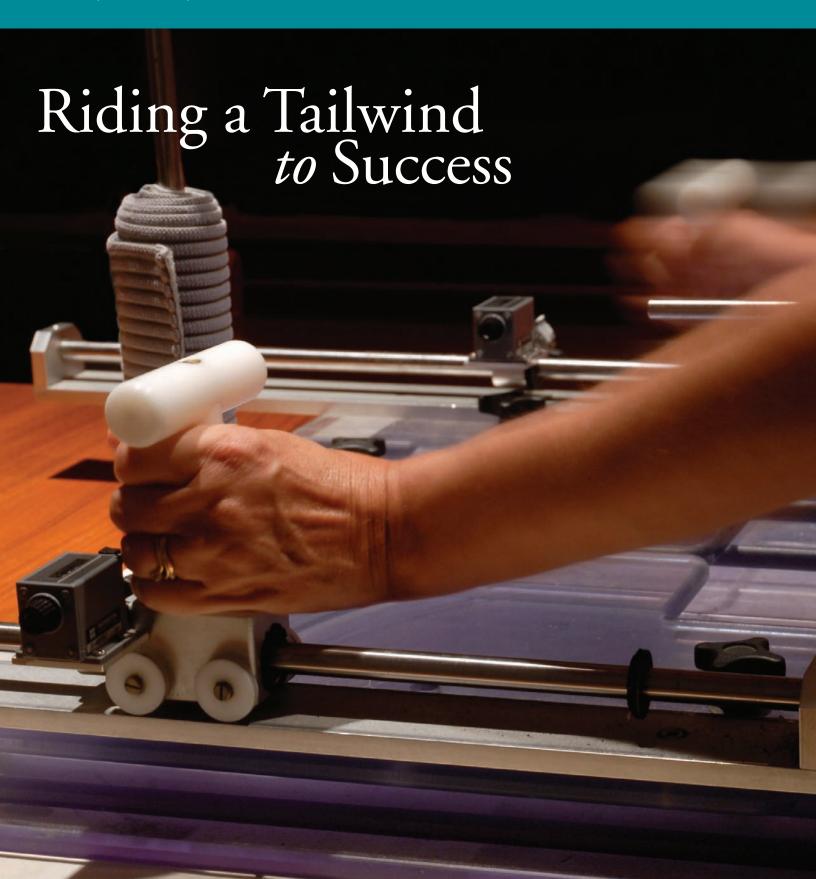
Fall 2009

PR0FICIO



UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE

Helping, Advancing, Making Progress in Physical Therapy



CALENDAR

September

Wednesday, September 23, 2009Annual State of the School of Medicine Address

MSTF Auditorium 3:00 – 5:00 p.m.

Saturday, September 26, 2009

Fall Admissions Open House

Allied Health Building, 100 Penn Street Baltimore, MD 21201 9:00 a.m. - noon

October

Tuesday, October 6, 2009

Physical Therapy & Rehabilitation Science Career Fair

Southern Management Corporation Campus Center 62 I W. Lombard Street 9:00 a.m. – noon

Saturday, October 10, 2009APTA of Maryland Fall Chapter Meeting

Anne Arundel Community College, Arnold, MD 8 a.m – 5 p.m. Visit www.aptamd.org to see the meeting agenda and register for this event.

Wednesday, October 14, 2009

Department of Physical Therapy & Rehabilitation Science Alumni Day presented by Genesis Rehab Services

Southern Management Corporation Campus Center 62 I W. Lombard Street Events are being held throughout the day

Campus Tours

(see below)

9 a.m. – 4 p.m. Student-led tours will be available at various times throughout the day. Allied Health Building 100 Penn Street

Alumni Reception 4 p.m. - 6 p.m.

Southern Management Corporation
Campus Center
Genesis Rehab Services is sponsoring an alumni
reception in the new Southern Management
Corporation Campus Center for classes ending
in 9 and 4. If you are interested in attending,
please RSVP to Caelie Haines at chaines@
som.umaryland.edu.

Florence P. Kendall Continuing Education Program

6p.m. – 10 p.m. Southern Management Corporation Campus Center

Laura Scheufele, PT, and Karen Abraham, PT, are the presenters. Their talk will be related to pelvic floor assessment, triage and referral options.

Sunday, October 18, 2009Race for the Cure, Hunt Valley, MD

7 a.m. – 11 a.m.

Find out more about this great cause at http://www.komenmd.org. To run/walk with the PTRS team, please contact Angel Jackson at ajackson@som.umaryland.edu.

Monday, October 19, 2009

University of Maryland, Baltimore Founders Week Gala

Hilton at Camden Yards, Baltimore, MD.

Please visit www.umaryland.edu for more details.

Thursday, October 29 – Saturday, October 31, 2009

APTA National Student Conclave (NSC) 2009

Hyatt Regency Miami, Miami, FL Join approximately 1,000 students from schools across the country at APTA's 17th Annual National Student Conclave (NSC). Explore practice areas, preview job opportunities, and network with leaders and members in the profession. Take advantage of this one-of-akind learning opportunity.

Saturday, October 31 – Sunday, November 1, 2009

Continuing Education: APTA Clinical Instructors Education and Credentialing Program

Allied Health Building
100 Penn Street, Baltimore, MD
8 a.m. – 5 p.m.
Janet Mutschler, PT, MHS, PCS, will be the instructor. This course is worth 1.5 CEUs. The cost is \$150 for APTA members and \$220 for

instructor. This course is worth 1.5 CEUs. The cost is \$150 for APTA members and \$220 for non-members. Please contact Terry Heron at theron@som.umaryland.edu or (410) 706-5215 to register.

February

Wednesday, February 17 - Saturday, February 20, 2010

APTA Combined Sections Meeting (CSM) 2010

San Diego Convention Center, San Diego, CA

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PROFICIO

HELPING, ADVANCING, MAKING PROGRESS IN PHYSICAL THERAPY

Proficio is a publication of the University of Maryland School of Medicine's Department of Physical Therapy and Rehabilitation Science (PTRS), 100 Penn Street, Baltimore, MD 21201. Archived copies of *Proficio* and the PTRS Newsletter are available in PDF format at www.pt.umaryland.edu.

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Cover photo by Mark Teske

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Letter from the Chair



Greetings!

It is my pleasure to share some great news.

I have been granted one year of sabbatical leave, which began on September 1, 2009. During my absence from the department, I am going to be an American Association for the Advancement of Science (AAAS) Fellow with the National Institute of Bioimaging and

Bioengineering at the National Institutes of Health in Bethesda, MD.

While I am on sabbatical, Dr. Mark Rogers, PT, PhD, FAPTA, will be the Interim Chair of the PTRS department. He will also continue as Professor & Vice Chair for Research and Director, PhD Program in Physical Rehabilitation Science.

Dr. Mark Rogers can be reached via phone at 410-706-0841 or via email at MRogers@som.umaryland.edu. Or you may reach Assistant to the Chair, Ms. Marlene King, at 410-706-5216 or via email at marking@som.umaryland.edu.

I am very excited for this development opportunity, and I look forward to returning as Chair next year with new perspectives and connections that will benefit the department.

I am also pleased to announce the establishment of our new PTRS Board of Advisors, chaired by our 2008 alumna of the year, Jane Satterfield, PT. This group had its initial meeting in May, focusing on initiatives important to PTRS. You can find the bios for the advisory board's members starting on page 18 of this issue.

We graduated 42 DPT and four DScPT students in May, started a new class of 55 DPT students in June, and have three new PhD students who started this summer.

In addition, there are many Physical Therapy Month activities coming up! Our fall admissions open house is September 26. Career Day is Oct. 6. Alumni Day, which is being sponsored by Genesis Rehabilitation Services and will include the free continuing education program, is Oct. 14. And we will gather a PTRS team for the Race for the Cure in Hunt Valley, MD, on Oct. 18.

We hope to see you at many of these upcoming Department of Physical Therapy and Rehabilitation Science activities!

Sincerely yours,

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

Riding a Tailwind to Success

BY CAELIE M. HAINES

In life – and in science especially – there are sometimes happy accidents, turns in the road you don't expect but which lead in exciting directions. Such was the case with Jill Whitall, PhD, professor, and Sandra McCombe-Waller, PT, PhD, associate professor, whose research into a bilateral arm rehabilitation device unexpectedly brought them a patented product and a whirlwind of attention.

They never set out to create such a stir when they first started this research in the late 1990s. Their primary concern was the stroke patients coming through their doors, who were traditionally offered rehabilitative options to improve leg function and gait but did not get the same attention paid to their affected upper extremities. Utilizing their past experience with rhythmic cueing devices and motor-learning principles, McCombe-Waller and Whitall came up with the idea for the BATRAC (Bilateral Arm Training with Rhythmic Auditory



Cueing) device. They worked with a physical therapy student, David Grant, to build their first prototype. This first device was made of wood, and was used in the initial research study, which investigated the response to six weeks of training in individuals with chronic hemiparesis.

"Our initial intent was never to make a device and sell it," says McCombe-Waller. "Our motivation has been studying the use of the device and how to help people with stroke regain arm function. Initially, it was targeted for lower-functioning people, for whom there really was nothing. They had no options; they didn't even qualify for studies at that time."

It was a colleague, Dr. Gad Alon, who suggested McCombe-Waller and Whitall might want to patent BATRAC, which had

progressed from a wooden device to a Plexiglass one, thanks to a grant from the University of Maryland, Claude D. Pepper Older Americans Independent Center. This change made the device more conducive to magnetic tracking and other assessment measures. Meanwhile, the University of Maryland's research and development team helped walk the two women through the patent process.

The university was also instrumental in later pairing Whitall and McCombe-Waller with Kris Appel, a student in a program for women entrepreneurs at the University of Maryland Baltimore County, who was looking for technologies to license. "The inventors were inspiring," said Appel of Whitall and McCombe-Waller in an interview in The Daily Record about her company, Encore Path, which was honored as an Innovator of the Year. "After I met them, I thought, 'Somebody has to do this.' It was a great innovation, and there is such a tremendous need for stroke rehabilitation that I felt this needed to be out on the market."

With input from McCombe-Waller and Whitall, Appel tweaked the BATRAC device, which she decided to market under the name Tailwind. Tailwind was designed to be the home version of BATRAC. "We specified the new features that are in the Tailwind based on our experience working with the original BATRAC design," says McCombe-Waller. "For example we wanted it to be one-hand adjustable and lightweight, with independently adjustable arms." Now "it's a little bit more patient-friendly," adds Whitall.

Although the Tailwind device is being marketed to individual

patients for home use, it can be used in the clinical practice setting as well. "We want to get physical therapists interested and thinking about this kind of approach," says Whitall. "It does have value, if you think about the concepts," adds McCombe-Waller. "It's easy to utilize it in the clinic, and it could be cost-effective for them."

Whitall and McCombe-Waller have plenty of good things to say about Tailwind, but they have nothing to do officially with marketing the device. Their focus remains only on researching what BATRAC/Tailwind can do for stroke patients. "What we're trying to study is who does it work for, when does it work, who should be using it?" explains McCombe-Waller. "The principles behind the device are strong and sound, and that's what we're trying to prove through the current and planned studies. We do

not believe 'BATRAC training is the only way.' Already, one of our studies is combining BATRAC with another approach to see if we can build off the functional benefits achieved with this kind of bilateral arm training."

Brain imaging research has shown that BATRAC is associated with cortical reorganization, reveals Whitall. "Using fMRI, you see how the activation of the brain during paretic elbow movement changes after BATRAC training. There is new activation,

mostly in the unaffected hemisphere, after BATRAC, which was not seen after a unilateral training approach, even though both approaches improved function."

Full return to arm function is a challenge in these patients, most of whom are months, even years, out from their initial injury. The goals of BATRAC training are to improve bilateral arm function as well as use of the paretic arm. These gains do not, however, include fine motor skills. "The training really targets neural control of the proximal muscles," Whitall explains. "You might get a little benefit from gripping the handles, but it's not going to do much for finger function or hand function beyond that."

However, for patients who previously had no use of an arm, even being able to straighten it away from their body can make a big difference. "These are the outcomes we've been seeing with our patients," says McCombe-Waller. For example, they say, 'I can put my hand on a table, I can steady a cup, I can put my arm on something to stabilize while I use my good hand.' It's important to the patients, because they don't need assistance, they can do something independently now. They're taking the all-important step from being dependent on someone else to doing it on their own."



FEATURE STORY

Unfortunately, not all patients have had success with the device. "There are people who really benefit from using this device. However there are people who do not benefit from the device, for example patients who have f accid arms." admits McCombe-Waller. "In our current research we are testing variations on the training and trying to determine who is likely to respond optimally to this training approach. Our primary interest is in helping patients, and I don't want patients to think this training will do more than it can. Now that the device is on the market, we want to be clear about how the device should be used and for whom it is recommended. We don't want consumers to be disappointed. It's a great product, and the science behind it is sound, but I don't think we know everything about its capabilities and limitations at this time."

A new grant, funded by NIH, will allow Whitall and McCombe-Waller – along with colleague Dr. Leslie Glickman – to test the Tailwind in a new population: patients who are only weeks post-stroke. This study will be conducted in collaboration with Encore Path and therapists at Good Samaritan Hospital, including alumnus Anneliese Massey. "We are interested in seeing the response in a subacute population." says McCombe-Waller.

For the most part, Whitall and McCombe-Waller's current research involving BATRAC/Tailwind – funded through NIH and the Claude D. Pepper Center – is less about the device and more about their research questions. "The device is one way of getting answers to questions," says McCombe-Waller. "For instance, what does unilateral versus bilateral therapy do, what happens in the brain, what happens if we start with proximal training verses more whole-arm, distal training? So we use the device, but we're not testing the device and all its possibilities, we're testing research questions about movement control post-stroke and trying to get conceptual answers beyond just what this one device will do."

Neither Whitall nor McCombe-Waller are currently reaping financial benefits from Tailwind device. "That's really important to us, because we really have an interest in pursuing the research and not compounding our conf ict of interest as inventors," McCombe-Waller says. "The university has been working with us on the issue of reducing our conf ict of interest. This research is important work to us; for us it is not about selling the devices and making money. It's about the patients and finding better interventions for them."



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DEPARTMENT NEWS



Mark Rogers, PT, PhD, FAPTA, has received an R01 from the NIH/National Institute of Aging entitled: Lateral Stability and Falls in Aging (IR01AG029510-01A2). This 2-year grant has a total cost of \$1,171,416 and is the first R01 for PTRS! Mark is also serving as interim chair of the department during Mary Rodgers' year-long sabbatical.



Our Chair, Mary Rodgers, PT, PhD, FAPTA, was honored with the APTA's 2009 Catherine Worthingham Fellow Award, presented during an awards ceremony at APTA's Annual Conference and Exposition here in Baltimore in June 2009.

Mary Rodgers will be leaving us for a year to take advantage of a great opportunity at NIH. She went on sabbatical September I, 2009 and will soon be starting a fellowship with the National Institute of Bioimaging and Bioengineering in Bethesda. "I am very excited for this development opportunity, and look forward to returning as Chair next year with new perspectives and connections that will benefit the department," says Dr. Rodgers.

Phoneathon Thanks

Thank you so much to those who lent your time to assist with the PT Phoneathon in March! Considering the state of the economy, we are happy with the results. Overall, \$8,869 was raised for PTRS, which is just above our fundraising effort last year. We couldn't have done it without you!

Kudos especially to our top student callers each night:

- Tuesday: Kristin Hutchinson, Class of 2010, Raised \$910
- Wednesday: Allie Sfekas, Class of 2011, Raised \$610
- Thursday: Kathleen Fry, Class of 2010, Raised \$300

And in the Battle of the Classes:

- The big winner was the Class of 2010, who earned \$200 for their class account by raising \$2,604!
- The Class of 2011 earned \$125 for their class account by raising \$1,980.



The Department of Physical Therapy and Rehabilitation Science – in collaboration with the Department of Kinesiology at the University of Maryland, College Park – hosted the 8th Developmental Coordination Disorder (DCD) International Conference from June 23-26. Congratulations to Professor Jill Whitall for coordinating this very successful event. Researchers from 24 countries and five continents came to the School of Medicine for the conference, which featured lectures and tutorials, collaborative cafés, presentations of more than 100 scientific papers and a banquet in historic Westminster Hall. This is the first time the conference has ever been held in the United States.

DEPARTMENT NEWS



Sandy McCombe Waller, PT, PhD, MeD, was promoted from Assistant to Associate Professor in July.

Research by Associate Professor Sandy McCombe Wallerl and Professor Jill Whitall, PhD, on arm function training in stroke patients using their innovative Tailwind device was front-page news in the March 20th 'You and Your Health' section of the *Baltimore Sun*. In addition, Sandy and Jill have been granted a Canadian patent for their device (to match the one they already have in the U.S.) entitled "Bilateral Arm Trainer and Method of Use." (See the cover story on page 2 for more on Tailwind).



Assistant Professor Ellen Wruble Hakim, PT, DScPT, has successfully completed the exam requirements for recertification as Certified Wound Specialist (CWS). She now does not have to re-certify until 2019.



Assistant Professor Karen Gordes, PT, DScPT, formerly Academic Coordinator of Clinical Education, became Director of Clinical Education for the department in July.



Instructor **Tonas Kalil, PT, MGA,** was featured in a August 14th article in the Daily News Record (Harrisonburg, VA) about the Mid-Atlantic Burn Camp, which he helped establish in 1989.



Executive Assistant Marlene King was elected to a two-year term on the UMB Staff Senate as non-exempt/excluded staff representatives alternate.



Assistant Professor Chris Wells, PT, PhD, successfully completed the APTAl requirements for recertification as Cardiopulmonary Clinical Specialist (CCS). She now does not have to recertify until 2019.

Instructor Keith Zubuch became engaged to Cass Walz in February.

Assistant Professor **Leslie Glickman, PT, PhD,** welcomed grandson Jack Hunter Glickman on February 19. Jack, who was born in Brooklyn, NY, weighed in at a healthy 8 pounds, 12 ounces.



Associate Professor Anne Reicherter, PT, DPT, PhD, successfully completed the APTA requirements for recertification as Clinical Specialist in Orthopaedic Physical Therapy. She now does not have to recertify until 2021.

Our Open House in March saw more than 100 visitors come to campus to find out more about our program. A special thanks to Administrative Assistant Joyce Johnson, who organized the event and was responsible for all the logistics. Thanks also to Director of Student Affairs Angel Jackson, who moderated; Academic Coordinator Terry Heron, who greeted all the guests; and Assistant Professor Ellen Wruble Hakim, who presented an overview of the DPT curriculum. Thanks also to those students who discussed their experience in the program and offered recommendations for academic success: Scott Vocke, Ben Hopkins, Lindsey Harris and Fumie Takahashi (Class of 2011); and Lauren Davis, Beth Bauman and Katherine Ennis (Class of 2010). You represented our program well, and we appreciate your efforts!

Alumnus of the Year



Steve Levine **CLASS OF 1984**

he 2009 Alumnus of the Year is Steve Levine. Steve earned his Bachelor's in physical therapy from the University of Maryland School of Medicine's Department of Physical Therapy & Rehabilitation Science (PTRS) in 1984. He also has a Masters in Health Administration from Virginia Commonwealth University, and a DPT from A.T. Still University of Health Sciences at the Arizona School for Health Sciences. "It's an extreme honor to have been selected for Alumnus of the Year," Steve says. "We get back so much more than we give. I've had some incredible experiences, and all of them started with the opportunities I was provided at the University of Maryland."

Steve is nationally known as an expert on practice management and compliance. He lectures on these topics around the country and is often hired as a consultant by government agencies dealing with these issues. "We spend most of our time working with physical therapists and therapy providers around the country in the areas of documentation, coding, billing, compliance, and practice management, but are actually tapped pretty regularly by Medicare contractors, the Office of the Inspector General, and the Department of Justice to participate in national audits and investigations related to fraud, abuse, and overutilization in physical therapy - related to the Medicare program and private insurance," explains Steve of his business, Rehabilitation Consulting & Resource Institute (RCRI).

When he graduated from PT school, Steve had no idea that his

career would take such a turn. He worked in a hospital and was a partner in two private practices before starting his own practice in Baltimore, the Spine and Sports Rehabilitation Center, with Savas Koutsantonis, Class of '85. "We had the practice for 13 years, and then we sold it to two of our therapists, one of whom is a Maryland grad as well, Josh Renzi (MS, 1998). We kept it all in the family," says Steve with a laugh, proud of the ability to sell his practice to other physical therapists who believe in the role of the physical therapistowned practice. After selling the business in 2005, Steve headed for Fort Lauderdale, FL, where he started RCRI with Helene Fearon, PT.

Throughout all the twists and turns of his career, one thing has remained constant for Steve - his involvement with the APTA. He started with the organization as a student and became more and more involved as the years went by. "On a state level, I was vice president of the chapter, and prior to that I was chair of the public relations committee; chair of the finance committee; and member of CTAC, the Consumer Therapist Advocacy Committee, which later became the chapter's reimbursement committee." Along with Jane Satterfield and Dennis Hart, Steve actually developed a peer-review training program for therapists in the state of Maryland, only the second state in the country to do that. He also became a delegate and then a chief delegate for the Maryland chapter.

"Then, in 1997, I was appointed by the APTA Board of Directors to be the Vice Speaker of the House, filling a one-year vacancy in that We get back so much more than we give. I've had some incredible experiences, and all of them started with the opportunities I was provided at the University of Maryland.

position," Steve continues. "I ran for a full term as Vice Speaker in 1998 and was elected. In 2002, I was elected to be the Speaker of the House, then was re-elected in 2005 for a second term. I spent six years as Speaker of the House before retiring from the Board of Directors in 2008."

The connections he made through the APTA have helped Steve advance his career over the years. "Maryland prepared me, but the APTA really cultivated and nurtured the opportunities that I have been provided," he explains. "So I always advise people to take advantage of it. Find a mentor (or two!), someone you'd like to learn from, whether it's clinically or professionally, so you can have someone to provide you with advice and direction. Far too many in our profession don't see the benefit of that, and I think that's a huge mistake."

As helpful as APTA has been, though, Steve knows he would not be where he is if not for his experiences here at the University of Maryland. "I am a physical therapist today because of the support I received from the faculty of the program, in particular Annette Iglarsh and Susan Herdman," Steve declares. "My mom passed away my first semester of PT school, and I was planning on dropping out to deal with family issues, and both Annette and Susan sat me down and got me through. I still see both Susan and Annette today at conferences and it's a very emotional thing for each of us."

The curriculum during his training also proved integral to his success. "I was pretty spoiled," Steve admits. "Maryland had gotten Direct Access in 1979, so I never had to worry about patients needing a physician's referral. I really attribute the University of Maryland for preparing me to be a first-access health care provider. In many other schools that was just so foreign. Maryland prepared me far better to be the point of first contact for patients than people I saw coming out of other programs in the 1980s and 90s."

Steve has found that many therapists aren't as well-prepared as he was, particularly in the area of practice management, but he's determined to change that. "What therapists don't realize is a physical therapist practice includes the administrative aspect of practice as well," says Steve. "I'm currently on the faculty at two universities, The University of Montana and Nova Southeastern University, where I teach practice management and issues of compliance documentation, coding, etc." He's also been an adjunct faculty member here at the University of Maryland school of Medicine, lecturing to PTRS students on the same topics.

When lecturing to students, Steve speaks of more than just compliance and practice management. "I never realized the diversity of opportunities for therapists, not all of which are clinically oriented," he admits. "I have been fortunate enough to testify before the United States Congress in my area, and I have had experiences I never would have dreamt of that this profession has opened up to me. Where you think you want to end up is often not where you end up. So I advise students and new graduates not to pigeon-hole themselves so quickly. Just have a great time in your chosen profession and open yourself up to the possibilities."

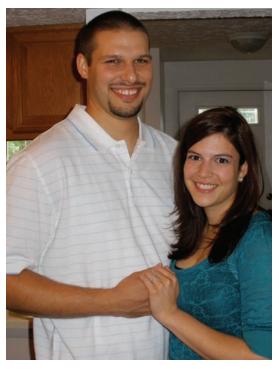
ALUMNI NEWS



Darryl Arnold, DPT Class of 2005, and his wife **Jill**, DPT Class of 2006, are the proud parents of Ethan Kozon Arnold. Born on April 9, 2009, Ethan debuted at 20.5 inches long and weighed 7 pounds, 14.6 ounces.

Kristin Mowry, DPT Class of 2006, writes, "Since PT school I have become a board Certified Nutritional Consultant, as well as a board Certified Holistic Health Counselor. I have also taken courses toward my women's health certification. I have my own practice, Healing and Wellness Center of Kent Island, and am so lucky to be thriving everyday. Be sure to check out my website www.drmowrycares.com." Kristin is also the proud mommy of Aidan, 19 months, and was due to deliver her second son in July.

Larry Vanderlinden wrote to tell us that **John W. Vanderlinden**, Class of 1975, passed away on April 23, 2009 from bladder cancer. "My brother appreciated his education at the University of Maryland, loved his profession, and worked actively as a full-time physical therapist until May, 2008, despite undergoing cancer treatment for over three years prior to his retirement," says Larry. Our condolences go out to Larry and all of John's family for their loss.



Erica Azizollahoff and **Jason Adams**, both DPT Class of 2008, have announced their engagement.



Jonathan Stacey, DPT Class of 2008, and his wife Sara welcomed son Paul Thomas on August 1, 2009. Paul debuted at 21 inches long and weighed in at 8 pounds, 3.4 ounces.



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STUDENT NEWS

The 2nd year DPT students took on the Maryland Ravens wheelchair basketball team on March 12, 2009. This event is held annually to promote disability awareness within the community and to raise funds in support of the Marquette Challenge. The Marquette Challenge is a grassroots fundraising effort, coordinated and carried out exclusively by physical therapy students, to help the Foundation for Physical Therapy. The game was held at the Leadership Through Athletics Gym in Lansdowne, MD.





Students and Staff participated in a community clean-up March 28th at the Whitelock Community Garden in West Baltimore. Kudos those who took the time to demonstrate their social responsibility and the desire to improve the environment for all. Algreat (if dirty) time was had by the participants, and we hope to make this an annual event.



Congratulations to Eera Khanna for receiving one of the first place awards (Basic Science section) in this year's UMB Graduate Research Conference! Her poster was titled "Effects of Unilateral Limb Loading on Gait Characteristics in Subjects with Chronic Stroke."



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Physical Therapy's intramural softball team concluded the regular season in July with an 11-3 record. Two of those loses came from forfeit when most of the team was on vacation (or a honeymoon), so they really only lost once! The team would like to say thanks to everyone who has constantly had nice words of encouragement for them. PT domination!!



From upper left: Justin Swanson, Scott Moreland, Joe Palmer, Gene Shirokobrod, Ryan Traegar, Bryanna Keenan, Erica Lewis, Lisa "Drizzle" Holzman, Maureen Ambrose



The orientation program for the DPT Class of 2012 included a ropes-and-initiative course. During the six hour program, held on the campus of the University of Maryland College Park, the new students participated in a variety of activities designed to build self-esteem, initiate interpersonal interaction and build group cohesion. The course provided a great opportunity for the new DPT students to have fun, quickly break down barriers to communication and get to know their fellow classmates better.

Many students took advantage of the national APTA convention being held in Baltimore this year to network with those already established in the field. Not only did they attend seminars and receptions at the conference, they also showed conference attendees around Baltimore and our campus.





With the APTA national conference in Baltimore this year, our department made the most of its proximity to the meeting to showcase our program. Led by a cheerful group of students, conference attendees were able to take guided tours of our facilities both on the School of Medicine campus and at the Baltimore Veterans Administration Medical Center.

DEVELOPMENT

Annual Fund Results FY09

Given the uncertain times in our economy, we truly appreciate every gift we received this year, no matter how large or small. Fiscal year 2009 was difficult but support from our loyal alumni was overwhelming! Here are some highlights from this year's fund raising efforts:

- Overall annual fund income in FY2009 was \$44,904, which is about 20% lower than FY2008. This can be attributed primarily to a decrease in sponsorship support, which was down 55%.
- Almost half of our support (\$24,602) came from our alumni.
- Alumni support increased by 12.3% in FY2009.
- Additionally, a planned gift distribution was received from the estate of Gladys Wadsworth in December 2008. It totaled \$256,051 and was restricted to research.

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 as you know 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 free continuing education in October. In addition many gifts support scholarships, academic awards, and research.

We rely on your ongoing support to ensure our future. Please make your 2010 annual gift early. If you are an alumna/alumnus and your gift is received before February 1, 2010, we promise we will not telephone you during our annual phone-a-thon. Thank you!

Please make check or money order payable to: UMB Foundation, Inc. and mail to: PTRS Annual Fund, University of Maryland School of Medicine, Development Office, Suite 600, Baltimore, Maryland 21201.

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Report of Gifts | Annual Fund Donations for Fiscal Year 2009

July 1, 2008 through June 30, 2009

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, 2008 and June 30, 2009. 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 Alison Smith at 410-706-8550.

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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Annual Payment	\$570	\$610	\$670	\$760	\$890
Tax-free income (cash gift)	\$387	\$434	\$500	\$589	\$729

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Thomas F. Hofstetter, JD, LLM Senior Director of Planned Giving University of Maryland, Baltimore

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Annuity rates will be decreasing effective February 1, 2009. Deduction will vary slightly with changes in the IRS Discount Rate. Assumed rate 2.4%

PLEASE NOTE: Charitable gift anuities 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.

BOARD OF ADVISORS

The Department of Physical Therapy and Rehabilitation Science (PTRS) initiated a Board of Advisors this year to assist the department in raising its profile. The Board of Advisors is an unincorporated, voluntary service organization. This volunteer Board consists primarily of key alumni, leaders in the physical therapy community, important supporters of PTRS, and representatives of UMB/SOM (as appropriate), mobilizing their creative energies and fresh ideas to provide important input to the Department Chair and the PTRS leadership team. This Board links the critical and ongoing support of the PTRS alumni backbone to the strategic planning advisory and implementation process.

The following have been chosen as members of the initial Board of Advisors. Jane Satterfield, BSPT, MS, is the chair.

JILL ANDERSON, PT Regional Director for National Rehab Medical Network (MedStar Health)

Jill Anderson is a Regional Director in the NRH Medical Rehabilitation Network and currently oversees seven outpatient centers throughout the state of Maryland. She graduated with a BS in Physical Therapy from Ithaca College and a Masters in Administrative Science from Johns Hopkins University. She began her career as a staff therapist on an inpatient comprehensive unit treating acute cerebral vascular accidents, spinal cord injuries, traumatic brain injuries, amputees and other neurological conditions.

DIANE DURHAM, MS, OTR Director of Education & Staff Development for Genesis Rehab Services

Diane Durham is the Senior Director of Education and Staff Development for Genesis Rehab Services. In this role, she is responsible for centralizing education and management training across 24 states, as well as overseeing the student program for all therapy disciplines. She has been an Occupational Therapist for 25 years, concentrating on brain injury, stroke treatment and leadership management. Most of her adult clinical work took place in her tenure at Magee Rehabilitation Hospital in Philadelphia, PA. Prior to GRS, Diane was

an Academic Fieldwork Coordinator for the Masters of Science Occupational Therapy Program at The Richard Stockton College of New Jersey. She was responsible for teaching professional issues, administration and advocacy and coordinating all Level I and II fieldwork. Ms. Durham received her Bachelor of Science degree from Utica College of Syracuse University and Masters of Science degree from Thomas Jefferson University.

MICHAEL FRIEDMAN, PT, MBA Director, Rehabilitation Therapy Services Department of Physical Medicine and Rehabilitation, Johns Hopkins Hospital

Michael Friedman has 10 years of experience as a Physical Therapist. He graduated from Shenadoah University with a Masters in Physical Therapy, and has a Masters in Business Administration from the R.H. Smith School of Business at the University of Maryland. Michael has experience in various settings, including multi-disciplinary management in outpatient clinics, onsite rehabilitation programs, skilled nursing facilities and hospitals in several states. He has also co-developed and managed a technology-based medical education company. Clinically, Michael has worked in most rehabilitation settings, including inpatient rehabilitation, acute hospitals and outpatient, with a clinical interest in cardiopulmonary, trauma, and geriatrics. Michael's specific program interests have been in wellness, balance and falls, and rehabilitation in the ICU.

CHRIS GLAVARIS, PT, DSCPT Co-Founder of Advanced Care

Chris Glavaris is a graduate of Washington College with a B.S. degree in Biology and Chemistry; he also has a doctoral degree in Physical Therapy from PTRS. Chris has conducted research at the Johns Hopkins School of Medicine, Department of Cell Biology and Neurology. He also practices both orthopedic and neurological physical therapy and has developed special interests in spinal, shoulder and craniomandibular dysfunctions. His unique blend of manual therapy, progressive exercises and patient education has led to many successful rehabilitations.

Chris serves as Assistant Clinical Professor for the Department of Physical Therapy

and Rehabilitation Sciences at his alma mater, University of Maryland, Baltimore, where he is past president of the Alumni Association. UMB honored him for his many contributions by naming him "2004 Alumnus of the Year." Chris has taught courses and seminars at both the entry and postgraduate levels and is a member of the American Physical Therapy Association, Private Practice and Orthopedic Section.

DAN GORDON, PT

Dan Gordon holds a bachelor's degree from Slippery Rock University in Health Education, and also graduated from PTRS in 1984 with a second bachelor's in Physical Therapy. Dan has been a certified athletic trainer for 25 years, starting his career in sports medicine. He has worked in many settings, including inpatient, acute rehabilitation, sub-acute rehabilitation, private practice in outpatient, home health and contract facilities; and staffing coverage. Dan has also worked as a staff physical therapist and hospital rehabilitation manager and currently is a staff PT II in acute inpatient care. Dan and another classmate, Linda Teodosio, helped Don Hobart start the UMB Alumni Association shortly after their graduation from the physical therapy program. Dan has been honored with the Alumnus of the Year award by the Physical Therapy Alumni Association of the University of Maryland, Baltimore.

JENNIFER HARRINGTON, MPT Vice President of Outpatient Services, Mt. Washington Pediatric Hospital

Jennifer Harrington has 12 years experience as a Physical Therapist. She graduated PTRS with a Masters in Physical Therapy and also holds a Masters in Exercise Physiology from West Virginia University in Morgantown, West Virginia. Jen worked for the University of Maryland Medical Center from 1996 – 2008 as a staff Physical Therapist; Program Coordinator; Manager of Rehabilitation Services; and from 2005 – 2008 was the Director of Post Acute and Ambulatory Rehabilitation Services.

Jen's leadership abilities include being a team leader for a multidisciplinary Employee Loyalty Team, Co-Chair of the hospital Patient Safety Team, a member of the Joint Commission Oversight committee and co-leader for the National Patient Safety Goals Chapter. Her

BOARD OF ADVISORS

accomplishments include increasing ergonomics services by 40% with internal marketing and process design improvements from FY05 to FY06; obtaining six Sigma Greenbelt Certification and Lean Healthcare training through the Maryland Hospital Association and being actively involved in the development and implementation of the USH Outpatient Pulmonary Rehabilitation and ALS Clinics.

Jen is currently the Vice President of Outpatient Services for Mt. Washington Pediatric Hospital, overseeing the administrative and clinical support functions for two specialty outpatient clinics, as well as Rehabilitation Services and Radiology Services.

GEORGE HEPBURN

George Hepburn is President, CEO and founder of Dynasplint Systems, Inc.

George Hepburn is an international leader in dynamic splinting, aiding in the restoration of range of motion and physical function through low-load prolonged-duration stretch. He received his B.S. in Physical Therapy from the University of Maryland School of Medicine in 1974, and created Dynasplint® Systems in 1981 (http://www.dynasplint.com/).

Over the years, George and his company made gifts to the Department of Physical Therapy and Rehabilitation Science (PTRS) totaling over \$25,000. Then, in 2004, George made a \$1 million gift to the School of Medicine to establish the George R. Hepburn Dynasplint Professorship in Physical Therapy. This was the first endowed professorship to be created in the Department of PTRS and one of only a few of its kind in the country. Mary M. Rodgers, professor and chair, was the first to be appointed the named professorship. Most recently, in 2007, Dynasplint Systems supported the School's gala as a bronze-level sponsor in commemoration of the school's bicentennial.

George is a member of the PTRS 1956 Society and John Beale Davidge Alliance, a giving society recognizing donors who have made leadership gifts to the Medical Alumni Association and/or the School of Medicine.

DON HOBART, PhD

Associate Coordinator, Transitional DPT Program, The University of Montana

Don Hobart was associated with PTRS in vari-

ous roles for 33 years. Prior to retiring in 1993 he spent seventeen years as tenured Associate Professor, 10 of those as assistant chairman. Over the last 16 years he has held different adjunct roles with the department. Prior to joining PTRS he was a member of the Dental School faculty for eight years.

Don taught anatomy for 40 years on the Baltimore campus. He started the student research program in the Physical Therapy Department and organized the first "Research Day". He was instrumental in developing the PTRS Alumni Association. The "Donald J. Hobart" endowed scholarship was established by the University of Maryland, Baltimore's Physical Therapy Association in his honor.

Don is currently Associate Coordinator of the Transitional DPT Program for The University of Montana. He is Treasurer of Rehab Essentials, a distance-learning company, and is the owner of Hobart Studio, LLC. Don is a member of the Board of Governors of the American Congress of Electroneuromyography, is on the Board of the Carroll County YMCA, and is President of the McDaniel College Alumni Association.

DIANA JOHNSON, PT, MS Rehabilitation Director for the University of Maryland Medical Center

Diane Johnson is the Rehabilitation Director for the University of Maryland Medical Center (inclusive of R. Adams Cowley Shock Trauma Center, University of Maryland Medical Center, and University Specialty Hospital). She has been a physical therapist for over 20 years. Diana graduated from PTRS in 1988 and will receive her Master of Science in Health Care Administration from the University of Maryland University College, with induction into the Phi Kappa Phi honor society, this year.

Diana began her professional career at the University of Maryland Medical Center in 1988 as a staff physical therapist. Since then she has worked as a senior physical therapist, program coordinator, rehabilitation manager and presently the rehabilitation director. Her leadership roles include being a member of the Shock Trauma Center Leadership Team, the University of Maryland Medical Center Commitment to Excellence Journey, the Joint Commission Oversight Committee and Diversity Council, as well as an APTA peer reviewer for the Health

Policy and Administration Section.

Diana was honored to receive the Exemplary Department Award from the Maryland Occupational Therapy Association in 2006. She is currently the Secretary of the Executive Board of Directors for the APTA, Maryland Chapter and the Vice President, Executive Board of Directors for the Brain Injury Association of Maryland.

HOWARD NEELS, PT

Towson Rehabilitation Center, LLC

Howard Neels is a PTRS graduate and has been an active alumni since 1963. Howard was an instructor for Orthopedics, Surgery and Therapeutic Exercise at the University of Maryland for two years. He went on to serve as the Chief Physical Therapist for the Baltimore City Police Department and Baltimore County Health Department, as well as Rehabilitation Instructor for Towson University for twenty years. He also served for 31 years as Director of Physical Medicine at St. Joseph Hospital. Howard sits on several boards of directors and is currently President of the board of directors for the St. Joseph Professional Building. In addition, he established the Towson Rehabilitation Center, LLC, which has become a well-known, successful rehabilitation agency providing P.T., O.T. and S.L.P. therapy services to nursing homes and assisted living facilities in Southern PA, Frederick, Bethesda and many other locations in and around the Baltimore Metro area. Currently, Howard serves as the C.E.O. of this agency. He is licensed as a physical therapist in North Carolina and Maryland.

LYNN RUDMAN, PT

Lynn Rudman has been a physical therapist for 33 years, having graduated in 1976 from PTRS. Lynn spent most of her professional clinical career in acute rehabilitation inpatient settings, later also adding more acute-care responsibilities. Her positions have included: staff therapist at the Rehab Hospital for Special Services in Mechanicsburg, PA; General Rehab Unit supervisor at Montebello Rehabilitation Hospital in Baltimore, MD; Associate Director of Physical Therapy for Inpatient Rehab at The New Children's Hospital in Baltimore, MD; and Director of Physical Therapy at The New Children's Hospital.

Lynn has been a member of the American

BOARD OF ADVISORS

Physical Therapy Association (APTA) for the past 35 years, having first joined when she was a physical therapy student in 1974. She has been active at both the state and national levels—she served as the Maryland Chapter vice president from 1995 to 1999; completed two terms as Chapter president from 1999 to 2003; and is currently serving in her second term as the Chapter's chief delegate. Prior to serving as chief delegate, she was a Maryland Chapter delegate to the APTA House of Delegates for over 10 years. Currently, she is also the chair of the Chapter's nominating committee, and serves as the chapter bylaws chair.

Lynn has also been a member of the Department of Physical Therapy and Rehabilitation Science Development Advisory Council for several years. On the national level, Lynn is a member of the APTA Awards Committee, serving as the Maryland Representative on the Practice and Service Subcommittee for the Henry O. and Florence P. Kendall Award. She also serves as the membership chair for the Acute Care Section-APTA, Inc.

Lynn was honored to receive the Henry O. and Florence P. Kendall Award from the APTA of Maryland, Inc. in November 2003. In 2002, she was selected as the Alumnus of the Year by PTRS.

JANE SATTERFIELD, BSPT, MS Executive Director of Care Resources

Jane Satterfield, a native Baltimorean, received her BS in Physical Therapy from PTRS in 1964; her MS in the Education of the Severely and Profoundly Handicapped from Johns Hopkins University in 1980; and was certified in the Neuro-Developmental Treatment Approach in 1982. Jane received the Kendall Award in 1981 for "Outstanding Service to the Profession" and founded the Pediatric Special Interest Group of Maryland. She also served as a member of the Maryland Physical Therapy Board of Examiners from 1973 –1980. She was selected as PTRS' Alumni of the Year in 2008.

Jane has lectured and consulted extensively throughout the East Coast and has produced a slide/tape presentation with two brochures that has been distributed throughout the United States, Canada, Japan, South America, and Mexico. Jane was the featured speaker on "Gross Motor Development" in the Maryland Public Broadcasting series "Begin-

nings" in 1984. She has had numerous clinical and academic titles, as well as state and national association committee appointments.

Currently, Jane is the Executive Director of Care Resources (Formerly Care Resources Inc., which was recently purchased by ResCare Inc.) She founded Care Resources and has been responsible for the company's direction and growth for the past 25 years, helping it grow from three physical therapists in 1984 to 400 plus professional staff in 2002.

Jane has also kindly agreed to chair this board.

JACKIE STONE, PT, MPA

Core Function Coordinator, Maryland Center for Developmental Disabilities, Kennedy Krieger Institute

Jackie Stone is a licensed Physical Therapist in the State of Maryland. She has been a member of the Johns Hopkins Pediatrics at Home Advisory Board for 8 years and was recently nominated to the Board of Directors for Alliance, Inc. Jackie has written several final reports to the Maryland State Department of Health and Mental Hygiene. Her work has been published in the European Journal of Pediatric Surgery.

Jackie has worked at the Johns Hopkins University Kennedy Krieger Institute for the past 11 years. Her roles at Kennedy Krieger include being the Director of Physical Therapy; Director of Business Development and Contracting; Director of Resource Finder; and presently the Core Function Coordinator for the Maryland Center for Developmental Disabilities at the Kennedy Krieger Institute.

Jackie is currently pursuing a Doctorate of Philosophy in Organizational Leadership at the University of Maryland Eastern Shore.

STEVE TEPPER, PT, PHD President of Rehab Essentials, Inc

Steve Tepper is an adjunct professor with the University of Delaware; University of Maryland, Baltimore; George Washington University; University of Northern Arizona; Daemen College; Utica College; The Ohio State University and other programs. Steve directs the transitional DPT program at University of Montana. He is also the President of Rehab Essentials, Inc. Steve received his BS in Physical Therapy from PTRS and also holds a PhD in Experimental Pathology from the Univer-

sity of Maryland. He taught at University of Maryland for 12 years before spending 13 years at Shenandoah University, where he was a professor and director of the entry-level and transitional-DPT programs.

Steve's fields of experience include an interest in endurance testing, differential diagnosis of endurance impairments, and the effects exercise training has on disease or the prevention of disease. He has authored several chapters and peer-reviewed journal articles on various topics. His professional highlights include President of the Cardiovascular and Pulmonary Section of the APTA; Task Force Member on Clinical Practice Guidelines III for the APTA; recipient of the Cardiopulmonary Sections Linda Crane Merit Award; University of Maryland Alumnus of the Year 2003; and Robert C. Bartlett Award for Innovation in Fundraising from the Foundation for Physical Therapy in 2005.

CHARLES WETHERINGTON President of BTE Technologies

Chuck Wetherington is the President of BTE Technologies, Inc. of Hanover, MD and Greenwood Village, CO (http://www.btetech.com/). He is a part of a three-person executive leadership team for BTE, a company that designs, manufactures and sells capital equipment for the physical therapy, industrial rehab and sports medicine markets worldwide; and also provides professional services to employers and insurers aimed at controlling and reducing workers compensation and disability expenses.

Chuck is a graduate of the University of Illinois and Vanderbilt University (BS in General Engineering and MS in Mechanical Engineering, respectively), as well as a graduate of General Electric's Edison Engineering program. He has extensive product and process development and product manufacturing experience, having risen through the ranks at GE, Black & Decker, Fypon Ltd and Daycon, a supply chain management company. He was part of a small group of investors that purchased BTE in 2001, which merged with Hanoun Medical, Inc. in 2004. Chuck is also a trustee with the APTA's Foundation for Physical Therapy and a board member of the National Association of Manufacturers. He is married with three children and resides in Towson, MD.







Now the latest graduating class is out in the real world pursuing the careers for which they trained so hard.



Assistant Professor Leslie Glickman, PT, bids the DScPT students farewell.



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On June 12, 2009 the department threw an alumni party in conjunction with the annual APTA Conference, which was held in Baltimore this year. Sponsored by Dynasplint Systems, Inc., the reception was at Frank & Nic's West End Grille and included alumni, students and friends of the department. Afterwards, many in the group headed for Camden Yards to watch the Orioles take on the Atlanta Braves.

- 1. Assistant Professor Roy Bechtel, PT, PhD, catches up with Ronna Ross Keagle and Stacey Carlson from the Class of 2001. 2. The view from PTRS' special section of seats at Camden Yards.
- 3. Members of the Class of 2011 took advantage of the opportunity to network with alumni.
- **4.** Chair Mary Rodgers, PT, PhD, FAPTA visited a table full of members of the Class of 1974, including (from left) Chuck Nitsch, Gerry Stone and Judie Davidson. **5.** Instructor and Class of 1985 alum Tonas Kalil, PT, RT, MGA with classmate John Nietubicz, owner of Hunt Valley Physical Therapy.
- **6.** Julia Conroy, daughter of Assistant Professor Vincent Conroy, PT (Class of 1990), DScPT (Class of 2005) is ready for the game in her Orioles gear.

