

Doctor of Physical Therapy



# Duke in touch

Connecting Duke Physical Therapy alumni, students, faculty, clinicians, and friends



SUMMER 2020

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## W. TODD CADE, PT, PHD

Division Chief for the Duke University  
Doctor of Physical Therapy Program



## A Brave New World

After spending the past 18 years at Washington University, and the past 15 on faculty in the Program in Physical Therapy, my family and I made the 800 mile journey from St. Louis to Durham to begin my role as the new Division Chief of Duke DPT and start our new life in North Carolina. The decision to leave St. Louis was not an easy one as we made life-long friends and community in the land of the Gateway Arch, the Cardinals and toasted ravioli (it's better not to ask). But the opportunity to lead the top-ten ranked and nationally regarded Duke DPT program was an opportunity that was too good to pass up.

### Why Duke?

For starters, Duke DPT has a storied history of innovation and leadership in the physical therapy profession and the opportunity to contribute to that history was very appealing. In addition, the resources at Duke including the beautiful and state-of-the-art (and new!) Interprofessional Education Building located right on the School of Medicine campus provides students the ability to utilize cutting edge technology and research to optimize their learning in a gorgeous setting. I also came to Duke because of the nationally and internationally recognized faculty and the top-tier students the program attracts. But the main reason I came to Duke was the enormous potential here. Combining the fantastic faculty, staff, and students with the seemingly limitless resources across the School of Medicine, School of Nursing, Duke Health and Duke University, and the general feeling that the sky is the limit here, made the offer irresistible. The profession of physical therapy has tremendous potential to influence many areas of healthcare and to impact numerous lives but has yet to reach its ceiling. Duke DPT can help get it there.

### Getting My Feet Wet

After moving to North Carolina, I have literally (at Topsail Island) and figuratively (at Duke DPT) started getting my feet wet. More accurately, it has been akin to drinking through a fire hose (a phrase the faculty are probably getting tired of) as I have started learning all of the unique facets of the Duke DPT program such as STEPs®, Movement Matters, the new Advanced Practice Courses (APC's), and team based learning (TBL) to name a few. And meeting many of the DPT staff, faculty, and student leaders as well as meeting potential research collaborators. Oh, and there has been a global pandemic that has significantly changed the way we are teaching, communicating, and meeting at Duke DPT. But I have also been able to participate in the White Coat Ceremony and the Summer Discovery Program; two annual events that help make Duke DPT special. Watching the joyful faces (albeit on Zoom) of the students and their families upon the donning of the white coats and of potential future Duke DPT students learning and getting excited about the profession of physical therapy at Summer Discovery Program, confirms many of the reasons why I accepted this position. I look forward to learning more about what makes Duke DPT special.

### Diversity

I would be remiss if I did not address the recent events that have highlighted the systemic racism that has plagued our country. One of my priorities as Chief of Duke DPT is to make diversity, inclusion and equity initiatives a greater focus now and in years to come. This focus however is not new as wonderful initiatives such as the Summer Discovery Institute have been created and are unique to Duke DPT. Ultimately, I want to further these and create a culture where faculty, staff and student diversity is achieved and celebrated in color, educational and socioeconomic background, identity and thought; all in order to maximize teaching, learning and impact to the profession of physical therapy and the world at large.

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## Moving Forward

Moving forward, I realize that there is a lot to accomplish and expectations are high. However, I want to take time to listen to the students, faculty and staff in order to fully understand the best plan for Duke DPT now but also how to best plan to be ready for the future. I am confident that we will not only weather the current storms of COVID and social unrest, but learn, grow and thrive as a Division. One thing I am learning about Duke DPT is the resiliency of its students, staff and faculty. And that that quality will stand out and help Duke DPT excel in creating the best students, producing the most cutting-edge and impactful research, and transforming the practice of physical therapy. I am truly grateful to be part of the Duke DPT family.



# program news



U.S. News & World Report ranked the Doctor of Physical Therapy No. 7 in the nation (up from No. 10) among 244 programs, just 0.2 from the 1st ranked program. Read story [here](#).

## Virtual SDP



This year's Summer Discovery Program was held online Monday, June 29 – Wednesday, July 1 for 121 prospective physical therapy students from across the country. While the program was shortened to 3 half-days for remote instruction to participants in different time zones, this year's cohort was still able to learn from Duke faculty about both physical and occupational therapy. In addition to a virtual tour of the Duke Sports Sciences Institute and the usual didactic sessions on cardiovascularpulmonary, musculoskeletal, and geriatric physical therapy, the SDP students were able to experience the new Cultural Determinants of Health and

Health Disparities course and some even came back for optional sessions with the Diversity Club and DPT United. We also were able to welcome back 35 alumni and clinician mentors to our evening mentorship events from states as far away as California. Afterwards, one of our mentors even met up with one of the participants in Annapolis, Maryland!



# faculty news



DR. CASE



DR. COOK



DR. CLENDANIEL

**Dr. Laura Case** is involved in a number of multicenter industry-sponsored gene therapy studies for Duchenne Muscular Dystrophy and Spinal Muscular Atrophy with Dr. Edward Smith and numerous Pompe studies with Dr. Priya Kishnani.

Congratulations to **Dr. Chad Cook** on his secondary appointment with the Department of Population Health and on being awarded the [Stanley Paris Visiting Fellowship](#) from the University of Otago in New Zealand. He has also been invited as a co-editor of the 5th edition of *Grievess Modern Manual Therapy*, and his proposal "Evidence-based Diagnosis in Physiotherapy" was accepted for the WCPT Congress. And, read his recent publication in the [Journal of Orthopaedic & Sports Physical Therapy](#).



DR. CLEWLEY



DR. FAW

**Dr. Richard Clendaniel** published "[COVID-19 Return to Work Guidance and Recommendations for Vestibular Clinicians](#)" in the *Ear and Hearing Journal*.

**Dr. Derek Clewley** was nominated for the Master Clinician/Teacher Award 2020. The Master Clinician/Teacher Award is a class of awards to faculty that were created for the purpose of honoring individuals for superlative accomplishment and service in the area of Medical School/Medical Center teaching. The intent is to honor those individuals who have made an extraordinary commitment to teaching, "above and beyond" normal expectations, and who might be considered an "unsung hero" in teaching at Duke.



DR. FELD



DR. GEORGE

**Dr. Timothy Faw '09** completed his PhD at The Ohio State University last December then returned to Duke DPT as faculty at the beginning of this year. He was recently interviewed by [The Foundation for Physical Therapy](#). Read his research, "[Eccentric-focused rehabilitation promotes myelin plasticity in individuals with chronic, incomplete spinal cord injury](#)."

**Dr. Jody Feld** received the [Horizon Award](#) on April 9, 2020, from the UNC Graduate School for her PhD Dissertation. The Horizon Award recognizes graduate students and recent graduate alumni whose research holds extremely high potential for making a significant contribution to the educational, economic, physical, social or cultural well-being of North Carolina citizens and beyond at some future time. She has also recently published the effects of stroke, environment, and instructed focus on attentional prioritization in dual-task walking in [Gait & Posture](#) and written a letter to the editor of [Brain Stimulation](#) on integrating tDCS into routine inpatient rehabilitation practice to boost post-stroke recovery.



DR. MYERS



DR. PASTVA

**Dr. Steve George** has been named the [Laszlo Ormandy Distinguished Professor of Orthopaedic Surgery](#). His recent publications include "[Importance of Outcome Domain for Patients With Musculoskeletal Pain: Characterizing Subgroups and Their Response to Treatment](#)" in *Physical Therapy Journal*, and "[Depression and Functional Outcomes in Patients Presenting to the Emergency Department With Low Back Pain](#)" in *Academic Emergency Medicine*.



DR. PIETROSIMONE



DR. POOLE

**Dr. Katie Myers** was voted the winner of The Jan K Richardson Excellence in Teaching Award by the Duke DPT Class of 2020.

**Dr. Amy M. Pastva** and colleagues published original research from the [COMPASS Study](#) in *BMC Health Services Research*. She was also awarded the APTA Cardiovascular and Pulmonary Section's Best CSM Research Platform Presentation for "Outpatient rehabilitation early after lung transplantation: A retrospective analysis of 6MWD and its predictors."

An article authored by **Dr. Laura Stanley Pietrosimone '10** appeared in the March issues of the *Journal of Orthopaedic & Sports Physical Therapy* on [landing biomechanics in male athletes with and without patellar tendinopathy](#).



DR. LARDINOUS



DR. ROLL

**Dr. Ashley Poole** completed her DPT in December was appointed Medical Instructor in the Department of Orthopaedic Surgery, effective February 1, 2020.

She and **Dr. Kara Sporer Lardinois MS'00, DPT'01** were accepted to the Duke AHEAD Certificate Program in Health Professions Education and Teaching with support for a project which aims to further develop clinical teaching expertise in physical therapists teaching in STEPs® through self-assessment, online didactic content, goal-oriented faculty facilitated peer conversation, peer observation of teaching-in-action, and peer feedback.

**Dr. Marcus Roll '11** was promoted to Assistant Professor of Orthopaedic Surgery.

## Team Players

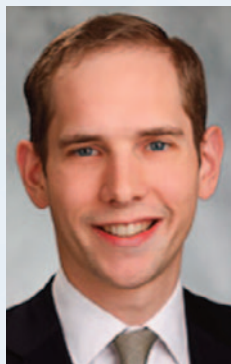
**Dr. Adam Goode '05** recently published 2 papers with **Dr. Steve George**. In April, *"Value-Based Care for Musculoskeletal Pain: Are Physical Therapists Ready to Deliver"* was in the *Physical Therapy Journal*. Then in May, *"Inflammatory, Structural, and Pain Biomechanical Biomarkers May Reflect Radiographic Disc Space Narrowing: The Johnston County Osteoarthritis Project"* appeared in the *Journal of Orthopaedic Research*.

"Use of Quadriceps Tendon Autograft Increased Likelihood of Meeting Return to Play Criteria at 6 Months Post Surgery" by **Dr. Jack Magill** and **Dr. Laura Stanley Pietrosimone '10** received the Kevin Shea Award for best scientific poster at Pediatric Research in Sports Medicine.



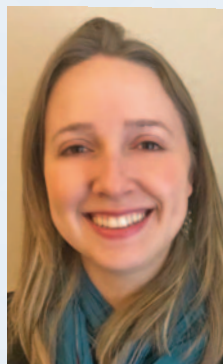
**Dr. Rick Clendaniel** and **Dr. Jeff Hoder** taught Vestibular Rehabilitation: Competency-based Basic and Advanced Courses at Monash University Australia February 22-29 (shown above).

**Rachel Meyers '21** and **Dr. Derek Clewley** co-wrote *"Youth Distance Running"* for the American Orthopaedic Society for Sports Medicine STOP (Sports Trauma and Overuse Prevention).



## Faculty Development Resident

**Dr. Zachary Rethorn** successfully defended his dissertation proposal and published the results of a modified Delphi study on population health, prevention, health promotion and wellness competencies in physical therapist professional education in the *Physical Therapy Journal*. He was also interviewed on The Healing Pain Podcast about “Addressing Social Determinants of Health in Physical Therapy Practice” on May 21.



## A Fond Farewell

**Ale Garcia** was appointed to the editorial board of *BMC Archives of Physiotherapy*. After receiving approval for her work visa, she is now an assistant professor at Campbell University.

## Research Grant Updates

DPT Faculty continue to pull in major research grants.

DUKE DPT INVESTIGATOR	GRANTOR	STUDY
Dr. Todd Cade (PI-Subcontract)	NIH/NHLBI	<b>Mechanisms and Treatment of Cardioskeletal Dysfunction in Barth Syndrome.</b> The main purpose of this study is to characterize skeletal and cardiac muscle pathology in human derived inducible pluripotent stem cells differentiated myocytes. PI: Christina Pacak (University of Florida)
Dr. Todd Cade (PI)	Barth Syndrome Foundation	<b>Characterization of the ‘Metabolic Phenotype’ in Barth Syndrome with Cardiac Transplantation.</b> Characterizing the ‘metabolic phenotype’ could provide information regarding important differences between BTHS patients with and without cardiac transplantation that might lead to unique treatment paradigms and tailored interventions. Therefore, this study will obtain ‘phenotypic’ information on cardioskeletal morphology, substrate metabolism, energetics and function in BTHS participants with cardiac transplantation and compare them to BTHS participants without transplantation and unaffected controls.
Dr. Laura Case Investigator	Duke-UNC Brain Imaging and Analysis Center, Marcus Foundation	A Phase I/II Study of Allogeneic Umbilical Cord Blood and Umbilical Cord Tissue-Derived Mesenchymal Stromal Cell Infusions in Children with Cerebral Palsy. PI: Joanne Kurtzberg, MD
Dr. Laura Case Collaborator	Genzyme Corporation of Sanofi	<b>Understanding Cognitive and Neurological Pathologies in Infantile Pompe Disease.</b> PI: Priya Kishnani, MD
Dr. Laura Case Investigator		A Phase I Study of the Safety of AAV2/8 LSPHGA in Late-onset Pompe Disease. PI: Edward Smith, MD
Dr. Jody Feld (Co-I)	Duke IPEC/AHEAD	<b>Interprofessional Longitudinal Student Geriatric Clinic to Enhance Collaborative Practice.</b> Gwendolyn Buhr, MD; Liza Genao, MD; Mila Little, DO, Iris Padilla, PhD, FNP-BC; Mary Affronti, DNP, RN, ANP, MHSc; Alicia Bolden, DMSc, MPH, PA-C; and Jody Feld, DPT, PhD
Dr. Ashley Poole (co-PI)	Duke Pepper Center for Older Adults	<b>Survive or Thrive? A Study of Post-Operative Resiliency in Patients with Advanced Heart Failure (THRIVE-HF).</b> The aims are to: 1) determine the feasibility of a comprehensive assessment for resiliency and describe normative values in patients with advanced heart failure, and 2) describe at what time point after surgery patients with advanced heart failure recover using assessment s of physical, cognitive, and psychosocial health. PI: Adam DeVore, MD, MHS; Karlyn Green PT, DPT, OCS, CCS, Tara Miller, FNP-BC, MSN, and Erica Mitchell, MSN



**W**ith COVID-19, people found different ways of connecting with each other. We at Duke DPT moved to remote instruction for all of our classes, including offering our Summer Discovery Program online. Many alumni enjoyed Zoom Happy Hours with their classmates and teammates and so did the faculty! The current students also hosted a Trivia Night for the incoming class. Here are some other events that occurred online.

- **Lauren Wheeler '21** initiated class Zoom Happy Hours, to foster social connectedness during a time of physical distance.
- **Dr. Mike Reiman** created "Grand Rounds" where all 3 cohorts converged over Zoom to discuss and learn from each other about a selected MSK topic.
- **Dr. Chad Cook** has suggested "Karaoke Fridays" in PT722 Management of Health Care Delivery, where students can choose a song from a list selected by Dr. Cook, to sing to their class over Zoom.
- On April 7, **Dr. Zachary Rethorn** presented a webinar for APTA North Carolina entitled Building a Webside Manner – Implementing Telehealth into PT Practice, in which he explains how to proficiently [deploy telehealth services](#).
- On April 12, **Phil Ratliff '12** talked [Telehealth Physical Therapy](#) on Elliot In The Morning of DC 101 Radio.
- On April 14, **Nick Potter '04** presented a webinar for Catapult called "[Clinical Biomechanics in Elite Basketball](#)," which was overview of the assessment, training, and sports science monitoring within Duke Basketball.
- On April 20, **Amy Arundale '11** participated in a Zoom call with three other women in high performance sport with [experience in international soccer, the NBA, and the NFL](#). She later explored [Return to Performance](#) through a presentation explaining the StARRT Framework, monitoring and key performance indicators, with a particular emphasis on collaboration.



AMY ARUNDALE '11



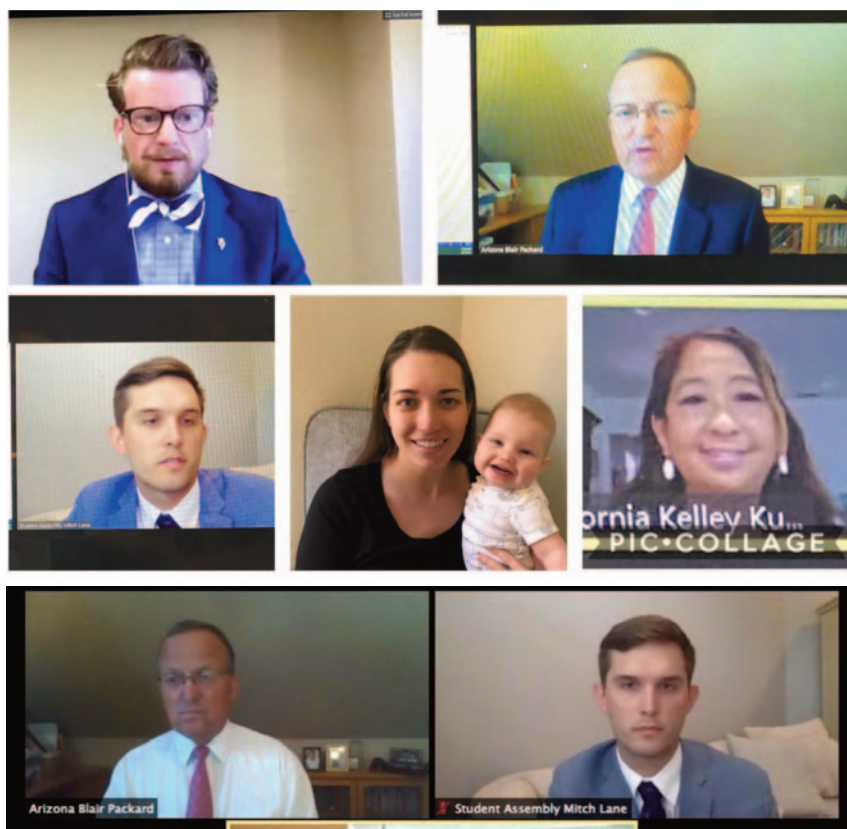
KYLE CLARK '19



NICK MAHAFFEY '19



Sports SIG's Zoom panel



VIRTUAL APTA HOUSE OF DELEGATES

## Coping with COVID

- On April 28, **Kyle Clark '19** and **Nick Mahaffey '19** participated in a Sports Physical Therapy Residency Webinar in collaboration with the American Academy of Sports Physical Therapy Specialization SIG. Kyle and Nick are the current sports residents at Children's Health Care of Atlanta and University of Texas Southwestern respectively.
- On May 6, **Jessica Fulton Waters '14** presented to the Performing Arts Club about treating adolescent dancers via Zoom. Jessica is currently the Chair of the Membership Committee for the APTA's Academy of Orthopaedic Physical Therapy Performing Arts Special Interest Group. The Duke DPT Performing Arts Club also hosted the PASIG's Secretary, Dr. Janice Ying, on May 20.
- On May 7, the Sports SIG hosted a Zoom panel with alumni panelists working in college and professional athletics: **Erin Mullin Sierer '07** (Minnesota Timberwolves), **Mike Sola '18** (San Francisco 49ers), **Jess Jacobsen Tidswell '02** (University of Utah), and **Merritt Walker '18** (Arizona Diamondbacks).
- On May 26, **Briana Gregory Czerwinski '13** presented the Facebook live "[Ideas for modified aquatherapy at home](#)" for Rettsyndrome.org.
- At the beginning of June, Duke DPT had great representation at the first Virtual APTA House of Delegates, including Vice Speaker **Dr. Kyle Covington '04**. Our other alumni delegates include **Blair Packard '76** (Arizona), **Mitch Lane '20** (Student Assembly), **Karen West Mackasek '12** (California), and **Kelley Kubota '94** (California).
- **Virtual NEXT** started June 3, and two alumni provided CEUs:
  - **Alan Lee '94**: Managing Patients with post-Intensive Care Syndrome, Including COVID-19 ICU Survivors.
  - **Terry Malone '75**: What Would You Do Injury Prevention and Return-to-Play Criteria in Sports Physical Therapy.
- On July 9, **Carolyn McManus '80** presented the Academy of Orthopaedic Physical Therapy Pain Special Interest Group webinar: "Mindfulness as Medicine: Practical Strategies for Stressful Times."
- On July 20, **Amanda Beaty '18** was a panelist for "The #FreshPT Experience: Transition from Student to New Grad PT" hosted by the APTA NC Student and Early Professional SIGs.



**LAURA HENDERSON BOOSE '15**

Duke Physical Therapy Alumni Association President

*Laura Boose PT, DPT*

The DPT Class of 2022 studied Foundational Integumentary with **Alan Lee '94** in January. This is the third year that Alan has come from his home in California to teach the course.

## Message from Alumni Association President

**H**appy Summer! I hope everyone is staying safe during these unprecedented times. First off, I wanted to congratulate the Duke DPT Class of 2020 and welcome you to the esteemed Duke Alumni Association. We are proud of your accomplishments and look forward to seeing all that you contribute to the field of physical therapy.

I am sure everyone has experienced different events during the trying times of Covid19. I have been fortunate to be able to continue working during this pandemic and feel that healthcare providers and our communities can learn so much from this situation at hand. I am hopeful that the restrictions to one on one care, increasing safety precautions and incorporation of telehealth into the field of physical therapy will open doors to improve quality of care to patients in the future, even when returning to the 'new normal'. I hope everyone has remained safe and my heart goes out to anyone affected by this pandemic.

Despite restrictions for on campus activities, Duke was able to host the 4th annual Summer Discovery Program where I was fortunate enough to provide clinical mentorship to undergraduate students interested in pursuing a career in physical therapy. This year, SDP was held through a large Zoom conference, and I wanted to thank all the faculty, staff, students and clinicians that worked hard to make this conference possible. I think it was very beneficial and informative in shaping the hopes and ideas of future therapist considering a career in PT and becoming a member of the Duke DPT family.

I also want to congratulate everyone who recently passed their exam to become a board certified specialist in their field of practice. It is amazing how many Duke Alumni work towards advancing the field each year and continue to push for excellence in practice.

Thanks again for everything you guys do to make Duke DPT one of the best programs in the country. GO DUKE!!

## Thank you

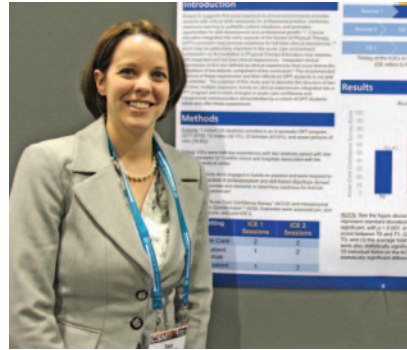
to our alumni donors!

*Gifts received July 1, 2019 – June 30, 2020*

Timothy Lee Ainslie '86  
Robert J. Bahr '75  
Jocelyn W. Blaskey '77  
Mary Ellen Boynton '74  
Elizabeth Calabria '10  
Rosie Canizares '07  
Marcella V. Chancey '61  
Allison Marek Conta '00, '01  
Sharon Geer Coplai '84  
Tarnie Kei Crowe '11  
Anne Gross Davenport '18  
Elizabeth Eife-Johnson '85  
Susan Mote Ellis '84  
Martha Ellsworth '70  
Amy Warner Engelsman '88  
Angela Spontelli Gisselman '11  
Gabrielle Gordon '08  
Sandra Reimers Herzog  
Sharon Noack Jewell  
Hannah Josephson '17  
Karen Jost '87  
David Kirkwood '68  
Alan Lee '94  
Mike Majsak '81  
Rebecca Bloyer Masters '78  
Elizabeth Mostrom '78  
William O'Brien III '69  
Brian Olson '91  
Kenneth Peyton '02  
Martha Dowling Redick '61  
Elizabeth Richardson '11  
Lorraine Shelton-Gaines '78  
Melissa Joy Simon '89  
Deborah Aronoff Strull '87  
Anne Weekley Thompson '79  
Carol Patton Tift '73  
Leigh Welsh '14  
Lauren Gonzalez Williams '12

*Annual support helps ensure continued excellence in teaching, evidence-based clinical practice, and innovative research, and helps Duke prepare the next generation of leaders in physical therapy. [Click here](#) to make your gift today.*

TARA WIDGINS DICKSON '12



SHEFALI MATHUR CHRISTOPHER '08



## Author! Author!

*Check out these recent journal publications by DPT alumni.*

**Amy Arundale '11.** *International Journal of Sports Physical Therapy.* Tuck Jump Score is Not Related to Hopping Performance or Patient-Reported Outcome Measures in Female Soccer Players

**Mark Bowden '95.** *Physical Therapy Journal.* COVID-19 Pandemic and Beyond: Considerations and Costs of Telehealth Exercise Programs for Older Adults With Functional Impairments Living at Home- Lessons learned from a Pilot Case Study

**Shefali Mathur Christopher '08.** *Journal of Orthopaedic & Sports Physical Therapy.* From Childbirth to the Starting Blocks: Are We Providing the Best Care to Our Postpartum Athletes?

**Tara Widgins Dickson '12.** *Advances in Health Sciences Education.* Faculty and programmatic influences on the percentage of graduates of color from professional physical therapy programs in the United States

**Cody Mansfield '14.** *Journal of Manual & Manipulative Therapy.* Systematic review of the diagnostic accuracy, reliability, and safety of the sharp-purser test and Safety of dry needling to the upper lumbar spine: a pilot cadaver study

**Corina Martinez '06.** *Archives of Physiotherapy.* Clinical examination factors that predict delayed recovery in individuals with concussion

**Annalisa Na '09.** *PM&R.* Validating wearable sensors using self-reported instability among patients with knee osteoarthritis and *BioMed Research International* Clinical Considerations for Return to Driving a Car following a Total Knee or Hip Arthroplasty: A Systematic Review

**Sean Rundell '05:** *Journal of Orthopaedic & Sports Physical Therapy.* Comparing the Performance of Comorbidity Indices in Predicting Functional Status, Health-Related Quality of Life, and Total Health Care Use in Older Adults With Back Pain

**Paul Salamh '07.** *Journal of Orthopaedic & Sports Physical Therapy.* It Is Time to Put Special Tests for Rotator Cuff-Related Shoulder Pain out to Pasture



Distinguished Alumni Award  
Alan Lee '94

**A**lan Lee, PT, PhD, DPT received a Bachelor's Degree from UNLV, a Master of Arts Degree in Interdisciplinary Studies in Gerontology, a DPT from Creighton University, and a PhD from Nova Southeastern University.

He has authored at least 21 peer-reviewed journal articles and book chapters and held elected positions in the APTA's HPA Technology SIG, The Academy of Physical Therapy Education, the Academy of Acute Care Physical Therapy, and the American Telemedicine Association.

**2017-present:** Telehealth Lead, APTA Council of Frontiers in Rehabilitation Science and Technology (FIRST Council)

**2016:** Augusta University's Distinguished Lectureship

**2011:** APTA Adopt-A-Doc Award

**2009:** Scripps Healthcare Martin Luther King, Jr. Scholarship

**2008, 2009:** Scripps Clinical Education Loan Scholarship

**2008:** APTA Minority Faculty Development Award

**2002, 2003, 2004:** Scripps President's Scholarship

**1994:** National AMBUCS Physical Therapy Scholarship

**1994:** Intermountain HealthCare Physical Therapy Student Award

**1994:** Nevada WICHE Physical Therapy Scholarship



Emerging Leader  
Alumni Award  
Mike Schmidt '12

- Fellow of the American Academy of Orthopaedic Manual Physical Therapists
- Orthopaedic and Geriatric Certified Specialist

**2018:** American Physical Therapy Association Emerging Leader Award

**2018-2020:** North Carolina Physical Therapy Association Secretary

**2017-2018:** NCPTA Director at Large

**2016-2019:** NCPTA Nominating Committee

**2016-2018:** NCPTA Capital District Chair and Duke Health Orthopaedic Residency Co-Director

**2015-2019:** NCPTA Spinal Manipulation Taskforce

**2014-present:** Duke Health Orthopaedic Manual Fellowship Director

**2013-14:** Duke Health Orthopaedic Manual Fellow

**2012-2013:** inaugural Duke Health Orthopaedic Resident

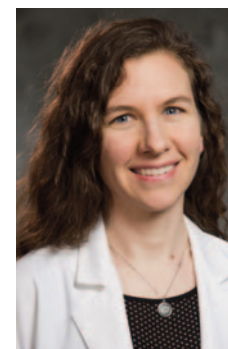
"I am proud to have Mike as a fellow alumnus of Duke's Doctor of Physical Therapy program." Erik Carvalho, Duke DPT Class of 2011



ANNE DAVENPORT '18



FRANK TALTY '19



AMANDA BEATY '18

## The Grad Grapevine

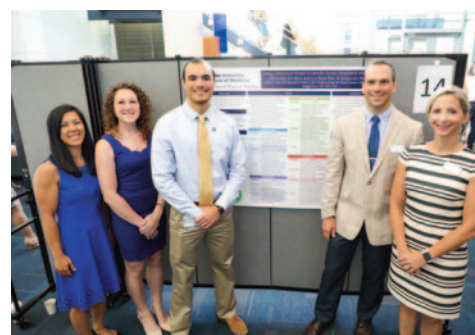
- **Anne Davenport '18** wrote "Maintaining and Expanding Clinical Competency While Working PRN" for the January 2020 edition of GeriNotes
- **Frank Talty '19** has been selected by the US Army to commission.
- **Amanda Beaty '18** wrote a [Spasticity in TBI Fact Sheet](#) for the Academy of Neurologic Physical Therapy.
- **Anne Weekley Thompson '79** received the Lucy Blair Service Award from the American Physical Therapy Association. **Lee Dibble '91** has been named a [Catherine Worthingham Fellow](#).
- **Caroline Ubben '16** started the blog [Play Stronger PT](#).
- **Heather Jeffcoat '02** is the President-Elect of the Academy of Pelvic Health Physical Therapy and has had several media appearances, including "Loveline with Mike and Dr. Drew," "Girl Boner Radio" with August McLaughlin, "Sex With Emily" with Dr. Emily Morse, in *New York Magazine* and *Health Magazine*.
- **Paul Salamh '07** was the winner of this year's Strength and Conditioning Journal Editorial Excellence Award.
- The Class of 2019 Capstone team of **Christine Dang**, **Michelle Roberts**, **Frank Talty**, and faculty Mentors **Dr. Derek Clewley** and **Dr. Maggie Horn** published "[Using a behavioral model to identify factors associated with choice of provider for neck and low back pain: A systematic review](#)" in *Musculoskeletal Science and Practice*.



ANNE WEEKLEY THOMPSON '79



LEE DIBBLE '91

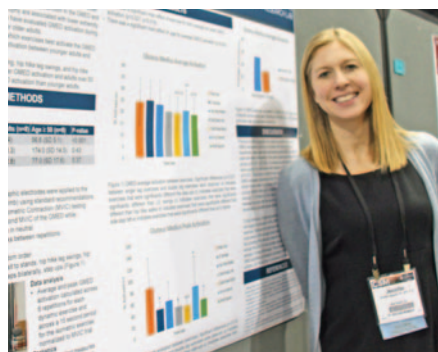


CHRISTINE DANG, MICHELLE ROBERTS, FRANK TALTY, DR. DEREK CLEWLEY AND DR. MAGGIE HORN

## #DukeatCSM



**Shefali Mathur Christopher '08** received the Excellence in Education Award from the American Academy of Sports Physical Therapy.



**Jenny Peterson Bagwell '06** was elected secretary of the Section on Research's Biomechanics SIG.



**Shannon Brady Mathis '07** (left) was re-elected as the Secretary of the Duke Physical Therapy Alumni Association and **Hannah Zhang '16** was elected as a Director-At-Large.



## COMBINED SECTIONS MEETING

From February 12-15, Duke DPT faculty and students attended the 2020 APTA Combined Sections Meeting (CSM) in Denver Colorado. Here are some highlights:

- 178 total presentations presented or co-authored by Duke PT faculty, students, alumni, clinicians, and graduates of Duke PT residency and fellowship programs
- 16 faculty presented or co-authored presentations
- 18 student presentations, including nine Class of 2020 student capstone research posters
- Alum **Eric Coley '07** received an Adopt-A-Doc Award from the Academy of Physical Therapy Education
- The Duke Physical Therapy Alumni and Friends Reception was attended by more than 300 guests
- **Dr. Amy Pastva** and colleagues (McHugh HF, Byrd RK, Smith PJ, Snyder LD) were awarded the APTA Cardiovascular and Pulmonary Section's Best CSM Research Platform Presentation for their study "Outpatient rehabilitation early after lung transplantation: A retrospective analysis of 6MWD and its predictors."

"The Effectiveness of Virtual Reality in Patients with Spinal Pain: A Systematic Review and Meta-Analysis" by **Meghan Ahern, Lindsay Dean, Carolyn Stoddard, Aakriti Agrawal, Jonathan Kim** and mentors **Dr. Chad Cook** and **Ale Garcia** received a 1st place ribbon from the Academy of Orthopaedic Physical Therapy.



"Benefits and Harms of Short-Term Global Health Initiatives Among Rehabilitation Students: A Systematic Review" by **Kerri Lembo, Katharine Majewski, Andy Seraphin, Maddie Hayes, Dan Quentin** and mentor **Ale Garcia** received a blue ribbon from the Health Policy & Administration Section's Global Health Special Interest Group in recognition for the authors' work in the area of social responsibility.



## Congratulations

41 alumni were recognized as new board certified clinical specialists or \*recertified specialists, including our first ever Board-Certified Clinical Specialists in Oncologic Physical Therapy:

### Orthopaedic

Monica Austin '17  
Bob Bruzga\*  
Tyler Cope  
Adam Dalbo '17  
Emileigh Dowling  
Tyler Eubanks '13  
Lloyd Harris '14  
Eric Hegedus\*  
Andrea Gallagher Hoff '91\*  
Kaitlin Hunt '11  
Hannah Jasurda '17  
Dawn Driesner Kennedy '06\*  
Amanda Peterson '14  
Christopher Ritter  
Zach Stearns  
Evan Vasilauskas '17

### Pediatric

Briana Gregory  
Czerwinski '13  
Cathy Bookser-Feister '85\*  
Nora Guge  
Jamie Hall Holloway '05\*  
Katie Ikuta '14  
Meghan Rowley '14  
Caroline Ubben '17  
Mary Jackson Walker '16

### Geriatric

Meg McCallum Dickman '17  
Sabrina Fogleman  
Becca Jordre '02\*  
Ashley Kinsey  
Valerie Shuman '12

### Cardiovascular & Pulmonary

Tamara Klintworth Kirk\*  
Brett Koermer '17  
John Lowman '95\*  
Women's Health  
Taylor Chapman '17  
Ingrid Harm-Ernandes\*  
Jeni Jones  
Lisa Massa\*  
Kim Kinnemann Osler '03\*  
Amy Pannullo\*  
Natalie Herback Sebba '07\*  
Rachel Shepherd '17

### Oncology

Ashley Garland Chandler '09  
Michelle Dellascio DeCastro  
Amanda Heath '13  
Lisa Massa  
Justine Wiltsie  
**Neurologic**  
Beth Foppe DeBee '14  
Trevor Gillespie  
Caroline Kemp  
Meg Hornsby McMunn '16  
Elizabeth Foster Neuder '94\*  
Elizabeth Nixon  
Andrea Stehman '10  
Kristin VanderArk '98\*  
Frank Matt Vickory '17

### Sports

Peter Aggen '05\*  
Jenna Kellner Austell '06\*  
Vanessa Brooks  
Kristen Crenshaw '17  
Melissa Dahuya  
Ann Marie Husk\*  
Ryan Jarema  
Gary Johnson  
Thomas Joyce '17  
Corine Martinez '06\*  
Taylor Stern Therriault '17  
Christine Ulses '16

# student news



The Duke DPT Class of 2020 at the Duke Physical Therapy Alumni & Friends Reception at CSM in Denver.

## Class of 2022 Class Officers



**President**  
Mimi  
Smith



**Vice-President**  
Marcus  
Taylor



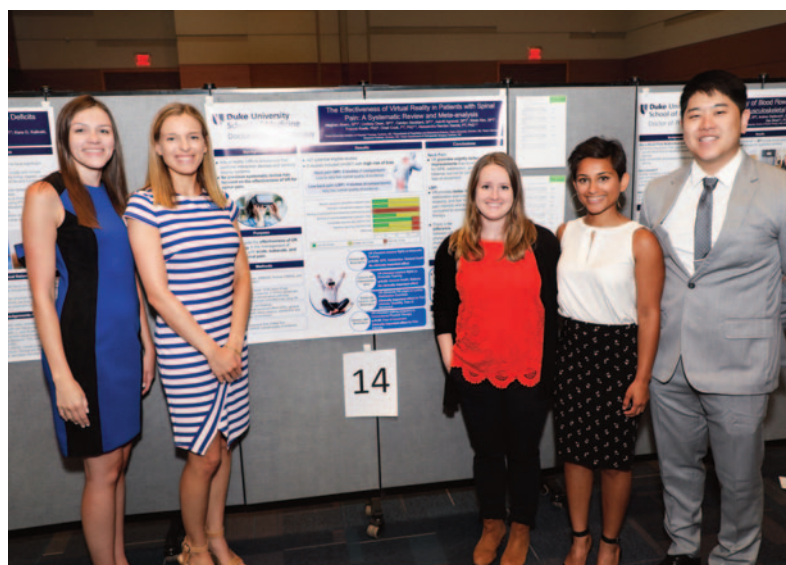
**Secretary**  
Monica  
Khechumian



**Treasurer**  
Grace  
Ditzenberger



Congratulations to **Brook Lyman '22** on her 5th place podium finish at the USA Cycling National Championship after winning the Atlantic Conference Championship



The Class of 2020 new grad capstone group of **Meghan Ahern, Lindsay Dean, Carolyn Stoddard Wilyard, Jonathan Kim** and faculty mentors **Dr. Chad Cook** and **Ale Garcia** published **"The effectiveness of virtual reality in patients with spinal pain: A systematic review and meta-analysis"** in *Pain Practice*.



Congratulations to these Class of 2020 students on their induction into the [American Council of Academic Physical Therapy - ACAPT National Student Honor Society](#). From left: **Meghan Babcock Hartman**, **Jessica Mah**, **Melissa Minniti**, **Sierra Muir**, **Bryce Olsen**, and **Morgan Mummey Semmel**

The **National Physical Therapy Student Honor Society** was established by The American Council of Academic Physical Therapy (ACAPT) in 2018 to recognize current Doctor of Physical Therapist students who demonstrate excellence, integrity, and professionalism in areas of academic achievement, leadership, service or research, and demonstrate strong moral character, ethics and the core values of the PT profession.

Since 2016, the VA Health Professional Scholarship Program has had 537 applicants and 57 have been selected; we have previously recognized 11 of the Duke students who have received this scholarship and wanted to recognize **Bryce Olsen '20** as the 12th.



Three students from the Duke DPT Class of 2021 have been named to the [APTA North Carolina Student SIG Board](#): above from left, Vice Chair **Tati Paz**, Director of Communications **Ashley Lea**, and the first ever Director of Diversity, Equity, and Inclusion **Dashaé Smallwood**. Tati Paz '21 was also selected to serve on the 2020 PT Day of Service Core Team as part of the [Global Affairs Team](#).



**Alea Penner '22**, left, has been named 2021-2022 the Social Media Student Intern of the Brain Injury Special Interest Group of the Academy of Neurologic Physical Therapy. She received her BS in Movement Science and worked in the pediatric neurorehabilitation clinic at the University of Michigan throughout her undergraduate career where she realized her passion for this patient population. As the [Brain Injury SIG's Social Media Intern](#), she is inspired to improve accessibility to educational resources by improving outreach via social media as well as increase student participation and collaboration between student SIGS on a national level.



The Duke DPT Student Excellence Scholarship was created to assist students with financial need that have also demonstrated academic, scholarly, leadership, advocacy, and/or service excellence during their time in the Duke DPT program. Kudos to this year's recipients:

- **Class of 2020 - Logan Couce, Meghan Hartman, Mitch Lane, Jessica Mah, Lisa Shirafuji**
- **Class 2021 - Sabrina Burri, Cannon Hanebuth, Alexis Lacewell, Tatiana Paz, Dashaé Smallwood**

A virtual celebration to celebrate the Duke DPT **Class of 2020** was held on May 6 via Zoom. Congratulations to all of our graduates and especially to the following who were recognized during the ceremony:



**Mitch Lane**

The Robert Bartlett Student Recognition Award for Service and Leadership Excellence



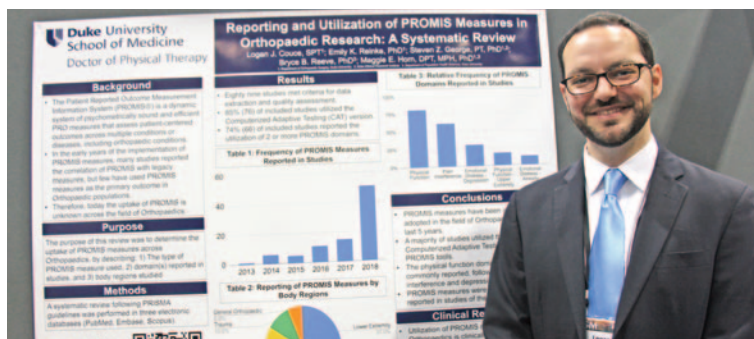
**Lisa Shirafuji**

The Jan Gwyer Student Recognition Award for Academic, Clinical, and Scholarly Excellence



**Yusra Iftikhar**

Duke Doctor of Physical Therapy Cultural Diversity Award and the Helen Kaiser Duke Physical Therapy Alumni Association Award



**Logan Couce '20** was selected for the Academy of Orthopaedic Physical Therapy's Mentorship Program, a program lead by alum **Chrissy Becks Mansfield '14**; **Dr. Rosie Canizares '07** is again serving as a mentor.



**Class of 2021** capstone group, **Colton Phelps** (pictured left), **Sarah Bellon**, **Michelle Hinkey**, **Anthony Nash**, **Jada Boyd** and faculty mentors **Dr. Chad Cook** and **Ale Garcia**, had **"Measurement properties of Patient-Reported Outcome Measures used to assess the sleep quality in adults with high prevalence chronic pain conditions: A systematic review"** accepted for publication recently in *Sleep Medicine*.

The first **Class of 2021** capstone group to have their research **"Predicting Patient-Centered Outcomes from Spine Surgery Using Risk Assessment Tools: a Systemtic Review"** accepted for publication was **Hannah White**, **Jensyn Bradley**, **Nicholas Hadgis**, **Brett Piland**, **Emily Wittke** and faculty mentor **Dr. Maggie Horn** in *Current Reviews in Musculoskeletal Medicine*.

Congratulations to 2nd-yr **Anthony Nash** and **Christine Streisel** for receiving the **Wallace Wade Scholarship** for the third year in a row. The Wallace Wade Scholarship is open to Duke seniors or graduates who have earned letters in varsity football, baseball, basketball, or track, and have been accepted to a Duke graduate or professional degree program.



**Anthony Nash** played four seasons of football at Duke, averaging a career 13.9 yards per reception as a big play threat wide receiver. Called the team's X Factor by Coach David Cutcliffe, he totaled 66 receptions for 920 yards and 3 touchdowns, including a pair of touchdowns in Duke's

historic win at Notre Dame (just days after learning of his acceptance to Duke DPT on his birthday!). He earned an additional varsity letter from Duke in Track & Field, running sprints one season, and All-ACC Academic honors during his final collegiate season.



**Christine Streisel** made ACC Academic Honor Roll in each of her four seasons competing as a javelin thrower for Duke Track & Field. In her final year of competition, she garnered Outdoor All-ACC Academic, Outdoor All-ACC, and Outdoor Honorable Mention All-America honors. She was

also selected as 1 of 40 student-athletes from Duke and Stanford for the Rubenstein-Bing Student Athlete Civic Engagement Program, which provides one-time funding for student-athletes to engage in a 3-week international service project; in July, 2017, she travelled to South Africa to assist with basic healthcare initiatives, activity-based education and teaching, light construction and youth sports programs.

On July 16, the Duke DPT Class of 2021 had their **virtual Capstone** and **White Coat Ceremonies**. Faculty Emeritus Dr. Corrie Odom gave the keynote address for the White Coat Ceremony. Congratulations to the following winners of the Capstone Research Day!

## Duke University School of Medicine Doctor of Physical Therapy

**Background**

- Lung transplantation is a treatment option for select patients with end-stage lung disease to extend survival and improve quality of life (QOL).
- Pre-transplant physical capacity is a major determinant of transplant selection, waitlist and transplant survival, and post-transplant physical capacity.
- Overall, candidates have poor fitness and the pre-transplant waiting period is an opportunity to implement exercise rehabilitation.
- Pre-transplant exercise rehabilitation aims to preserve or improve functional status and readiness for surgery.

**Purpose**

Examine exercise rehabilitation protocols and their effects on physical capacity and QOL in transplant candidates.

**Methods**

**Data Sources**

- MEDLINE, CINAHL, Cochrane, Web of Science, EMBASE, and PsycINFO were searched from 1968 to 2019.

**Inclusion Criteria**

- Adults on transplant waitlist and participating in a structured exercise rehabilitation program

**Risk of Bias (ROB)**

- Modified Downs & Black's Checklist (MDB)
- Physiotherapy Evidence Database (PEDro)

**Outcomes**

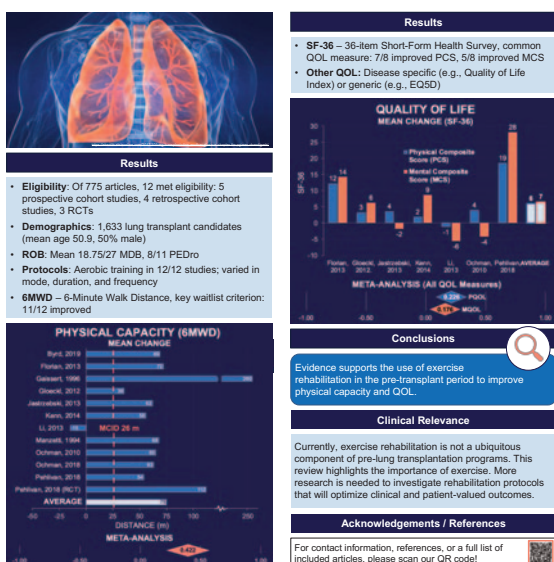
- Physical capacity and QOL.

**Meta-Analysis**

- Cohen's G was calculated for 6MWD, physical quality of life (PQOL), and mental quality of life (MQOL).

## Functional Outcomes Associated with Exercise Rehabilitation in Lung Transplant Candidates: A Systematic Review and Meta-Analysis

Benjamin Luzar SPT, Jae Fylstra SPT, Sophie Quigg SPT, Jessie McLaughlin SPT, Katie Buck SPT, Laurie D. Snyder MD, Rebecca Byrd PT, Patrick J. Smith PhD, Amy M. Pastva PT, PhD



1st

## Functional Outcomes Associated with Exercise Rehabilitation in Lung Transplant Candidates: A Systematic Review and Meta-Analysis

Authors: **Benjamin Luzar, SPT** (pictured above), **Jae Fylstra, SPT**, **Sophie Quigg, SPT**, **Jessie McLaughlin, DPT**, **Katie Buck, SPT**  
Mentor(s): **Laurie D. Snyder, MD**, **Rebecca Byrd, PT**, **Patrick J. Smith, PhD**, **Amy Pastva, PT, PhD**

## Duke University School of Medicine Doctor of Physical Therapy

**Background**

- Up to 40% of patients report poor outcomes after surgery for back pain.
- 20-24% undergo reoperation rate.
- Predictive risk assessment tools, enable clinicians to make data-driven clinical decisions.
- Patient-reported outcome measures (PROMs) and demographic information are utilized in models to identify benefit-risk ratio of surgical candidates.

**Purpose**

- Evaluate the available risk assessment tools utilized in cervical, thoracic, and lumbar surgery.
- Identify tools that focus on the patient-centered outcomes.

**Methods**

**DATABASES QUERIED**

- EMBASE
- MEDLINE
- Scopus

**INCLUSION CRITERIA**

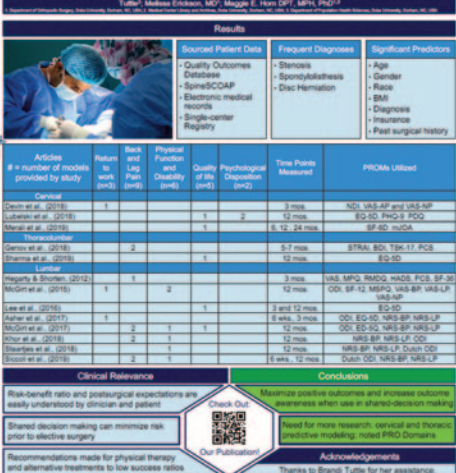
- Age > 18
- Cervical, thoracic or lumbar surgery
- PROMs were used
- Risk Assessment tool was created

**RISK OF BIAS**

- 1129 studies identified, 13 included
- Prediction Model Risk of Bias Assessment Tool (PROBABST)
- Return to Work
- Back and Leg Pain
- Physical Function and Disability
- Quality of Life
- Psychological Function

## Predicting Patient-Centered Outcomes from Spine Surgery Using Risk Assessment Tools: A Systematic Review

Hannah J. White SPT, MSc, Jenny Bradley SPT, LAT, ATC, Nicholas Hadgis SPT, Emily Wittke SPT, Brett Piland SPT, Brandi Tuttle, Melissa Erickson, MD, Maggie Horn, DPT, MPH, PhD



## Duke University School of Medicine Doctor of Physical Therapy

**Background**

- Tibial Tubercle Osteotomy (TTO) surgical procedure used to improve the alignment of the patella by changing the insert point of the patellar tendon.
- Return to sport and/or duty following a significant knee needs to be considered those undergoing the procedure.

**Purpose**

- Evaluate the use of TTO surgical intervention as treatment for recurrent patellar dislocations.
- Determine effective RTS / RTD proportions following TTO.

**Methods**

**Databases:** Medline, CINAHL, Embase, SportDiscus

**Inclusion:** Human subjects, all ages, TTO for patellar instability, RTS or RTD, > 10 participants, English language, prospective, retrospective

**Exclusion:** Human subjects, non-surgical studies, TTO not performed, studies not report RTS or RTD, case studies with participants, not original at

**Outcomes:** Satisfaction scale, KOOS, Rujala, Tegner, KSS, VA Pain, IKDC, rehab guidelines RTS or RTD

## Return to Activity Following Tibial Tubercle Osteotomy for Chronic Patellar Instability: A Systematic Review and Meta-Analysis

Andrew Bagley, SPT, ATC, CSCS, Jensen LeJeune, SPT, ATC, Kristiana Warth, SPT, Lauren Cordova, SPT, John R. Magill, PT, DPT, Michael Reiman, PT, PhD, MSc, ATC/L, FAAOMPT, CSCS



2nd

## Predicting Patient-Centered Outcomes from Spine Surgery Using Risk Assessment Tools: A Systematic Review

Authors: **Hannah J. White, SPT** (pictured left), **Jensyn Bradley, SPT, LAT, ATC**, **Nicholas Hadgis, SPT**, **Emily Wittke, SPT**, **Brett Piland, SPT**  
Mentor(s): **Brandi Tuttle, Melissa Erickson, MD**, **Maggie Horn, DPT, MPH, PhD**



3rd

## Return to Activity Following Tibial Tubercle Osteotomy for Chronic Patellar Instability: A Systematic Review and Meta-Analysis

Authors: **Andrew Bagley, SPT, ATC, CSCS** (pictured left), **Jensen LeJeune, SPT, ATC**, **Kristiana Warth, SPT**, **John Justyn, SPT**, **Lauren Cordova, SPT**  
Mentor(s): **John Magill, PT, DPT, PhD**, **OCS, SCS, ATC/L, FAAOMPT, CSCS**



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## Doctor of Physical Therapy

*A Division of the Department of Orthopaedic Surgery*

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