

Duke in touch

Connecting Duke Physical Therapy alumni, students, faculty, clinicians, and friends | Winter 2018

A Dream Becomes Reality: Duke Physical Therapy building is rising on campus

Construction has begun on the first-ever, dedicated space for physical therapy education at Duke! The future home for the Duke Doctor of Physical Therapy Division is expected to open in fall 2019.

Our 102,000-square-foot facility will be situated on Trent Drive, along the main corridor to Duke Heath. Virtually every visitor to the medical center will see our front door, with “Duke Physical Therapy” inscribed over our entryway. Our presence at the heart of campus is symbolic of PT’s central role in Duke’s commitment to deliver optimal health care.

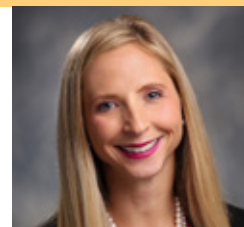
The building, which will be shared with the Duke University School of Nursing, will feature a 4,000-square-foot clinical skills lab, with space and

equipment to perform simulated treatments and assessments, rooms for small group learning, and a high-tech studio to create online educational content. The new space will enable us to serve more students to meet the growing need for PT professionals, and accommodate a planned new occupational therapy program that will interdigitate into the PT curriculum to provide true interprofessional education (IPE) in the rehab sector. Our proximity to the nursing and medical schools will provide more opportunities for IPE, and our convenient location will enable DPT students,

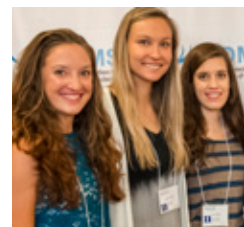
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Message from the
Division Chief



Faculty | 3



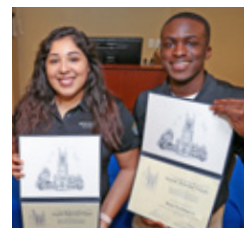
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From Our Program Director's Desk

The next generation of DPT faculty stands on the strongest of shoulders

In early 2016, Duke DPT embarked on an ambitious plan to revise our educational curriculum. Our profession is changing markedly, and today's physical therapy professionals need not only superior biomedical training, but also a higher level of interpersonal skills than ever before.

Over its seven-decade-plus history, Duke's Physical Therapy Program has employed a majority of the most extraordinary educators in this, or any, field. Past and current graduates have had the opportunity to learn from stellar educators such as Elia (Emy) Villanueva '59, Len White, Ellie Flanagan Branch '51, Jim Lewis, Carol Casper Figuers '81, Michael Reiman, Terry Malone '75, and Eric Hegedus. These are but a few of the gifted academicians who have so profoundly influenced the careers and lives of scores of Duke PT graduates.

The PT profession is changing rapidly, and as Duke DPT takes bold steps to meet the needs of future patients and professionals, the baton is passed to a new group of faculty who are extraordinary and accomplished in their own rights. Over the past two years, Duke DPT has made some outstanding hires, including Drs. Laura Stanley '10, Derek Clewley, Kai Kennedy, Katie Myers, Corey Simon, and Maggie Horn. Each specializes in advanced topics germane to our growing field. Together, they are the ideal educators to complement and deliver the

radically redesigned, modern curriculum that we will roll out in 2019.

As a Human Movement Science specialist, Dr. Stanley '10 brings skills in imaging, sports, and orthopedics. Dr. Clewley specializes in sports, manual therapy, and online education. Dr. Kennedy's concentrations and interests include health care disparities and community engagement. Dr. Simon owns a unique skillset and advanced training in pain and aging. Dr. Horn has a dual role as an anatomy instructor and director of the Comprehensive Outcomes in Orthopaedics and Rehabilitation Data System. Dr. Myers is our new director of clinical education and brings an impressive background and publication record to our division.

These "young guns" bring a level of specialization that will be required to train new generations of PT leaders. At the same time, they continue the tradition forged by their predecessors, bringing the utmost passion and skill to their daily efforts to teach and mentor our students and ensure that our division continues a legacy of success.

Professionally,



Chad Cook, PT, PhD, MBA, FAAOMPT
Professor & Program Director
Doctor of Physical Therapy Division

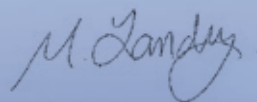


Message from the Division Chief *continued from page 1*

faculty, and staff to fully engage in Duke campus life and experience the specialness of this university.

This building represents a new beginning for Duke Physical Therapy. Establishing a new, efficient, and appropriate space has been a priority for more than a decade, and has certainly been one of my top priorities since arriving here at Duke. At last, "the eagle has landed!"

In coming issues, we'll update you on the building's progress and tell you more about plans for inside. We want ALL members of the Duke PT community to feel a part of this building, so we are exploring ways for our alumni to be involved in its creation and legacy. More on that soon. In the meantime, if you would like to watch our construction progress, check out this [live webcam!](#)



Michel D. Landry, BScPT, PhD
Professor & Division Chief
Doctor of Physical Therapy Division



Faculty Updates and Kudos

Dr. Mike Landry, DPT Division Chief, had a busy fall on several continents. In September, he was the plenary speaker at the Singapore Rehabilitation Conference, and



in October he was keynote speaker at both the Australian Physiotherapy Association Conference Momentum 2017 and (together with **Dr. Chad Cook**) at Mexico's Physiotherapy Conference. He has also been appointed as World Confederation for Physical Therapy (WCPT) Scientific Director for the SUDA Conference in Dakar, Senegal, and as a visiting professor at SingHealth in Singapore.

Dr. Chad Cook, DPT program director, has also been a world traveler this fall. After being featured in an article on identifying predatory publishers in **The Scientist**, he was



invited to Washington DC in September to testify before the Committee on Science, Engineering, Medicine, and Public Policy (a joint unit of the National Academy of Sciences, the National Academy of Engineering, and the National Academy of Medicine) about the role of predatory publishing in diminishing the value of peer-reviewed science. Also this fall, Dr. Cook was the 2017 Robert Lamb

Distinguished Lecturer at Virginia Commonwealth University and a featured speaker at workshops on differential diagnosis in Paris and on Reunion Island, Africa.

In July, **Dr. Laura Case** continued to help develop leukodystrophy clinical care guidelines at the Hunter's Hope Medical Symposium. This fall, she joined the Pompe Newborn



Screening Advisory Board and attended its first meeting in Boston, where she presented a workshop on "Addressing lifelong physical therapy needs in individuals with Duchenne muscular dystrophy." She also attended a VISION-DMD Investigators Meeting in Washington DC, and participated on a panel to share insights gained during earlier phases of one of the Duchenne muscular dystrophy studies in which she is a collaborator here at Duke.

In August, **Dr. Kyle Covington '04**



presented at the Association of Medical Education in Europe's international conference in Helsinki, Finland on "A leadership-initiated project

to examine one university's medical education processes in order to enhance medical education capacity globally." He was also a listed co-author on another AMEE presentation on assessing student attitudes of interprofessional learning experiences.

Dr. Jody Feld has received a



Promotion of Doctoral Studies (PODS) II Scholarship from the Foundation for Physical Therapy.



Three cheers for **Dr. Richard Clendaniel**, who was named one of three winners of the 2017 VEDA Champion of Vestibular Medicine Award, from the Vestibular Disorders Association! This is the highest honor worldwide among clinicians, researchers, and advocates for vestibular related care. Dr. Clendaniel has taught thousands of clinicians vestibular assessment and management methods. You would never know from his humble deportment that his name is known no matter where you are in the world.

Duke DPT is obviously proud of Rick for this award but mostly, we are indebted to him for the countless patients he has helped.

Congratulations to **Dr. Carol Casper**



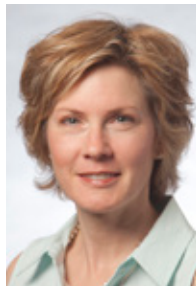
Figuers '81 on the publication of her book chapter on genitourinary interventions in the new e-book, *Physical Therapy for the Older Adult* (edited by

Carole Lewis, published by Wolters Kluwer Health, 2017). The e-book features incredible videos and links to evidence-based readings.

Dr. Kai Kennedy has been **selected as a fellow** for the Leaders for Health Equity Fellowship Program, which is offered by the George Washington University Health Workforce Institute to



develop global leaders who understand the foundations of health inequity and have the knowledge, skills, and courage to build more equitable organizations and communities. Also, this July, Dr. Kennedy and colleagues from Denmark and Ghana presented the poster, "Charting the Course: Developing physical therapy education in Sierra Leone," at the World Confederation for Physical Therapy Congress in Cape Town, South Africa.



Dr. Amy Pastva

presented a pre-conference course on "ICU Rehab: Current state of the evidence and implementation science" at the American Congress of Rehabilitation Medicine meeting in October.



Congratulations to **Dr. Tim Sell** on his recognition as a Fellow of the American College of Sports Medicine.



Congratulations to **Dr. Len White** and his colleagues, who have just released the sixth edition of their book, **Neuroscience**, published by Oxford University Press.



Since joining Duke DPT in July as our new director of clinical education (DCE) in the midst of a major curriculum revision, **Dr. Katie Myers** has hit the ground running. "I was part of a curriculum revision in Colorado and I designed aspects of the clinical education curriculum there, so I'm familiar with the process. I really enjoy looking at curriculum development and design and thinking about what makes the most sense, not only for our students, but also for our clinical sites and instructors."

As DCE, Dr. Myers oversees all of the internships and clinical education components of the DPT curriculum, and is the program's liaison with over 125 clinical partners. For now, her full focus is on curriculum design and supporting our students and the clinical sites to ensure a mutually beneficial experience.

"Duke DPT is on the cusp of some really exciting changes. I am honored to be part of the team that is bringing forth a new curriculum and the next generation of our profession."

Dr. Maggie Horn has been appointed director of the Comprehensive Outcomes in Orthopaedics and Rehabilitation Data System (COORDS) within the Duke Department of Orthopaedic Surgery. She takes the lead in addressing the department's growing need for data collection, aggregation, and dissemination, and partners with faculty and



leadership to facilitate data-driven initiatives. Dr. Horn also led a study at the Duke Clinical Research Institute that found that patients with neck pain who are treated initially by non-pharmacological care providers may be less likely to receive opioid treatment and advanced imaging. These findings were **published online** in *Proceedings: Innovations, Quality, and Outcomes*, a journal of Mayo Clinic.

Dr. Adam Goode '05 and **Dr. Maggie Horn**



presented posters at the Center on Health Services Training & Research Summer Institute on Health Services Research reception; **Dr. Derek Clewley** also attended the Summer Intensive Workshop.

Dr. Corey Simon and **Dr. Maggie Horn**, along with



Dr. Stephanie Eucker from the Duke Division of Emergency Medicine, have received a Duke SCORES grant (Surgical Center for Outcomes Research) for their project, "Downstream opioid prescription and health status for patients with low back pain managed in the Emergency Department."

New NIH grants total over \$10 million

Dr. Steven George and co-PI Dr. Nikki



Hastings have received a \$7.9 million grant from the National Center for Complementary and Integrative Health at the NIH for a study on improving veterans' access to integrated management of chronic back pain. This

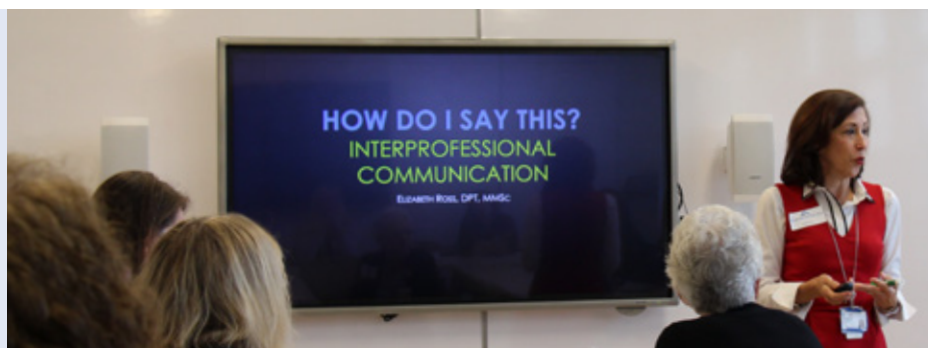
grant will look at improving care for LBP patients within the VA system. Co-investigators include our own **Drs. Corey Simon, Adam Goode '05, and Chad Cook.**

Dr. Adam Goode '05 has received a \$2.4



million grant from the National Institute of Arthritis, Musculoskeletal, and Skin Diseases **to study biomarkers** to advance clinical phenotypes of low back pain. Together with a Duke team and colleagues at the Thurston

Arthritis Center and UNC-Chapel Hill, he will conduct longitudinal analyses of the Johnston County Osteoarthritis Project to determine if biochemical biomarkers and other risk factors predict the incidence and progression of intervertebral disc degeneration and facet joint osteoarthritis with and without low back symptoms. This is an exceptional achievement and noteworthy recognition of Dr. Goode's hard work, commitment to collaboration, and his journey from a clinician to a top-level epidemiologist.



Duke AHEAD



Duke Doctor of Physical Therapy faculty are an integral part of the success of Duke AHEAD (the Academy for Health Professions Education and Academic Development), which exists to promote excellence in the education of health professionals by creating a community of education scholars, fostering innovation in health professions education, supporting outstanding teachers, providing faculty development programs, and facilitating quality education research.

For Duke AHEAD's 2017 Health Professions Education Day, **Dr. Tiffany Hilton** served on the planning committee, while **Drs. Elizabeth Ross, Kyle Covington,** and **Katie Myers** all presented.

Dr. Ross, a distinguished member and steering committee member of Duke AHEAD, was honored with the 2017 Interprofessional Education Excellence Award in recognition of her commitment, enthusiasm, and innovation in promoting IPE. Way to go, Dr. Ross!



Duke AHEAD grants went to:

- **Drs. Derek Clewley and Mike Landry**, for "A virtual musculoskeletal education centre for current and future primary care providers"
- **Dr. Kyle Covington '04**, for "The development, implementation, and evaluation of a learning community to support education research in the health professions"*
- **Dr. Elizabeth Ross**, for "Keepers of the House: A unique video-based curriculum for health care students and professionals"

* **Dr. Covington** has been named as a Fellow of Duke AHEAD in recognition of his potential for major and ongoing contributions to health professions education.

Congratulations to these grant winners and their collaborators in other Duke Health departments!

Duke AHEAD posters co-authored by Duke DPT faculty

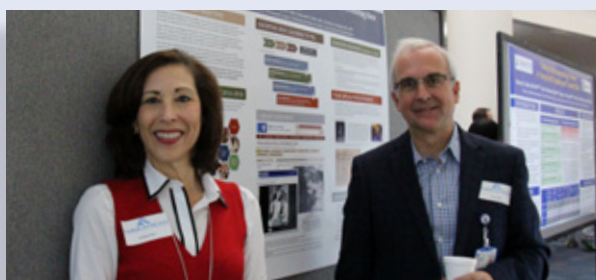


Dr. Kyle Covington '04 (Fellow)

- A survey of cybercivility learning in interprofessional education
- AIME-Global: Advancing medical education globally
- Assessing student attitudes of interprofessional learning experiences: A mixed methods approach

Dr. Elizabeth Ross (Distinguished Member)

- Using medical improvisation to improve communication and decision making among clinicians
- Impact on the Educator: How does the experience of participating in interprofessional education affect the educators?



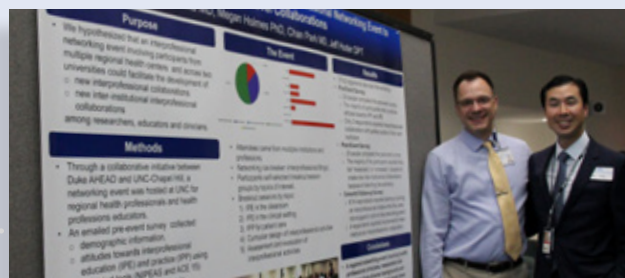
Dr. Len White and Dr. Elizabeth Ross

(Distinguished Members)

Exploring the history of segregation at Duke while orienting new students to team-based learning

Dr. Jeff Hoder

An inter-institutional interprofessional networking event to grow regional collaborations



Dr. Mike Landry and Dr. Kai Kennedy

Duke international clinical education:
Establishing a community of practice

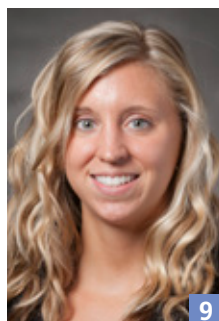


**Dr. Carol Casper Figuers '81
and Dr. Paul Salamh '07**

Effective short-term IPE faculty development



A Sample of Recent Duke DPT Publications



Here are some of the recent publications authored by our faculty, students, and alumni.

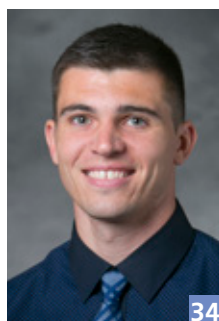
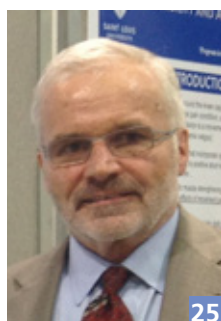
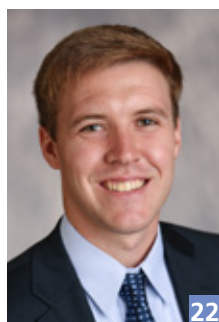
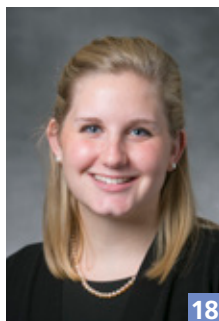
Click each hyperlinked citation below to view the abstract.

Interventions for gait training in children with spinal cord impairments: A scoping review. *Pediatric Physical Therapy*. Funderburg S, Josephson HE, Price AA, Russo MA, Case LE. 2017;29(4):342-349.

National study of excellence and innovation in physical therapist education: Part 1 – Design, method, and results. *Physical Therapy*. Jensen GM, Nordstrom T, Mostrom E, Hack LM, Gwyer J. 2017; 97(9): 857-874. And **Part 2 – A call to reform**, same issue, pp.875-888.

The short-term effect of kettlebell swings on lumbopelvic pressure pain thresholds: A randomized controlled trial. *Journal of Strength & Conditioning Research*. Keilman B, Hanney WJ, Kolber MJ, Pabian PS, Salamh PA, Rothschild CE, Liu X. 2017;31(11):3001-3009.

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1 Sarah Funderburg '17; 2 Hannah Josephson '17; 3 Ashlee Price '17; 4 Meredith Russo '17; 5 Elizabeth Mostrom '78; 6 Dr. Jan Gwyer; 7 Paul Salamh '07; 8 Scott Peters '17; 9 Alisha Laing '17; 10 Courtney Emerson '17; 11 Kelsey Mutchler '17; 12 Thomas Joyce '17; 13 Dr. Michael Reiman; 14 Zach Tally '18; 15 Laura Boetefuer '18; 16 Courtney Kauk '18; 17 Gaby Perez '18; 18 Lorraine Schrand '18; 19 Dr. Jeffrey Hoder; 20 Yannick Tousignant Laflamme; 21 Shefali Mathur Christopher '08; 22 Ben Ramger '18; 23 Lexie Wright '06; 24 Amy Arundale '11; 25 Gerard Brennan '75; 26 Dr. Kara Lardinois '00; 27 Dora Gosselin '05; 28 Ryan Koter '17; 29 Sara Regan '17; 30 Caitlin Clark '17; 31 Vicki Huang '17; 32 Melissa Mosley '17; 33 Erin Wyant '17; 34 Matt DeLang '18

A Sample of Recent Duke DPT Publications

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Surgical criteria for femoroacetabular impingement syndrome: A scoping review.

British Journal of Sports Medicine. Peters S, Laing A, Emerson C, Mutchler K, Joyce T, Thorborg K, Holmich P, Reiman M. 2017;51(22):1605-1610.

Diagnostic accuracy of imaging modalities and injection techniques for the diagnosis of femoroacetabular impingement/labral tear: A systematic review with meta-analysis.

American Journal of Sports Medicine. Reiman MP, Thorborg K, Goode AP, Cook CE, Weir A, Holmich P. 2017;45(11):2665-2677.

Age differences in the time course and magnitude of changes in circulating neuropeptides after pain evocation in humans.

Journal of Pain. Riley JL 3rd, Cruz-Almeida Y, Dasilva Ribeiro MC, Simon CB, Eckert NR, Aguirre M, Sorenson HL, Tighe PJ, Edwards RR, Wallet SM. 2017;18(9):1078-1086.

Treatment effectiveness and fidelity of manual therapy to the knee: A systematic review and meta-analysis.

Musculoskeletal Care. Salamh, PA, Cook CE, Reiman MP, Sheets C. 2017;15(3):238-248.

Risk stratification for 4,837 individuals with knee pain who receive physical therapy treatment.

Musculoskeletal Care. Salamh PA, Reiman MP, Cleland J, Mintken P, Rodeghero J, Cook CE. 2017;15(2):122-130.

The efficacy of treadmill training on balance dysfunction in individuals with chronic stroke: a systematic review.

Topics in Stroke Rehabilitation. Tally Z, Boetefuer L, Kauk C, Perez G, Schrand L, Hoder J. 2017;24(7):539-546.

Does shared decision making results in better health related outcomes for individuals with painful musculoskeletal disorders? A systematic review.

Journal of Manual and Manipulative Therapy. Tousignant-Laflamme Y, Christopher S, Clewley D, Ledbetter L, Cook CJ, Cook CE. 2017;25(3):144-150.

Visual abilities distinguish pitchers from hitters in professional baseball.

Journal of Sports Sciences. Klemish D, Ramger B, Vittetoe K, Reiter JP, Tokdar ST, Appelbaum LG. 2017;15 Feb:171-179.

The influence of pre-professional curricula on components of the Physical Therapist Clinical Performance Instrument.

The Internet Journal of Allied Health Sciences and Practice. Goldwasser M, Covington K. 2017;15(2), Article 4.

Patient-defined desired outcome, success criteria, and expectation in outpatient physical therapy: A longitudinal assessment.

Health and Quality of Life Outcomes. Zeppieri G, George SZ. 2017;15(1):29.

Situational analysis of physical therapist clinical instructors' facilitation of students' emerging embodiment of movement in practice.

Journal of Physical Therapy. Covington K, Barcinas S. 2017;Jun 1;97(6):603-614.

Orthopaedic special tests and diagnostic accuracy studies: House wine served in very cheap containers.

British Journal of Sports Medicine. Hegedus EJ, Wright AA, Cook CE. 2017;Nov 51(22):1578-1579.

Report of the clinical and functional primary outcomes in men of the ACL-SPORTS trial: Similar outcomes in men receiving secondary prevention with and without perturbation training 1 and 2 Years after ACL reconstruction.

Clinical Orthopaedics and Related Research. Arundale AJ, Cummer K, Capin JJ, Zarzycki R, Snyder-Mackler L. 2017;Oct 475(10):2523-2534.
(See another Arundale publication in the same issue [here](#).)

Neck Pain: Revision 2017: Clinical practice guidelines linked to the international classification of functioning, disability and health from the orthopaedic section of the American Physical Therapy Association.

Journal of Orthopaedic & Sports Physical Therapy. Blanpied P, Gross A, Elliott J, Devaney L, Clewley D, Walton D, Sparks C, Robertson E. 2017;47(7):A1-A83.

Responsiveness to change of functional limitation reporting: Cross-sectional study using the Intermountain ROMS Scale in outpatient rehabilitation.

Physical Therapy. Brennan G, Hunter S, Snow G, Minick K. 2017;Dec 97(12):1182–1189.

A collaborative model of integrated clinical education in physical therapist education: Application to the pediatric essential core competency of family-centered care.

Physical Therapy Education. Lardinois KL, Gosselin D, McCarty D, Ollendick K, Covington K. 2017;31(2):131-136.

Clinical outcome measures for lateropulsion poststroke: An updated systematic review.

Journal of Neurologic Physical Therapy. Koter R, Regan S, Clark C, Huang V, Mosley M, Wyant E, Cook C, Hoder J. 2017;Jul;41(3):145-155.

Collegiate male soccer players exhibit between-limb symmetry in body composition, muscle strength, and range of motion.

International Journal of Sports Physical Therapy. DeLang M, Kondratak M, DiPace L, Hew-Butler T. 2017;Dec;12(7):1087.

**JOURNAL OF
PHYSICAL THERAPY
EDUCATION**

Check out the newest issue of the **Journal of Physical Therapy Education (JOPTE)** for articles by Drs. Jan Gwyer, Chad Cook, Kyle Covington '04, and Katie Myers. 2017;31(3).

 **Duke University**
School of Medicine
Doctor of Physical Therapy

A Division of the Department of Orthopaedic Surgery

Phone
919.681.4380

Physical Address
2200 West Main Street
Suite B-230
Durham, NC 27705

Mailing Address
DUMC 104002
Durham, NC 27708

Email
DPTalumni@dm.duke.edu

Michel D. Landry, BScPT, PhD
Division Chief

Chad Cook, PT, PhD, MBA, FAAOMPT
Program Director

Carol Figuers, PT, EdD
Vice Chief of Student and Faculty Development

Tiffany Hilton, PT, PhD
Vice Chief of Education

John McCall
Vice Chief of Administration and Operations

Designer
Hopkins Design Group

Editor
Rosie Canizares

Marketing Specialist
Tiffany Nickle

Writer
Laura Ertel

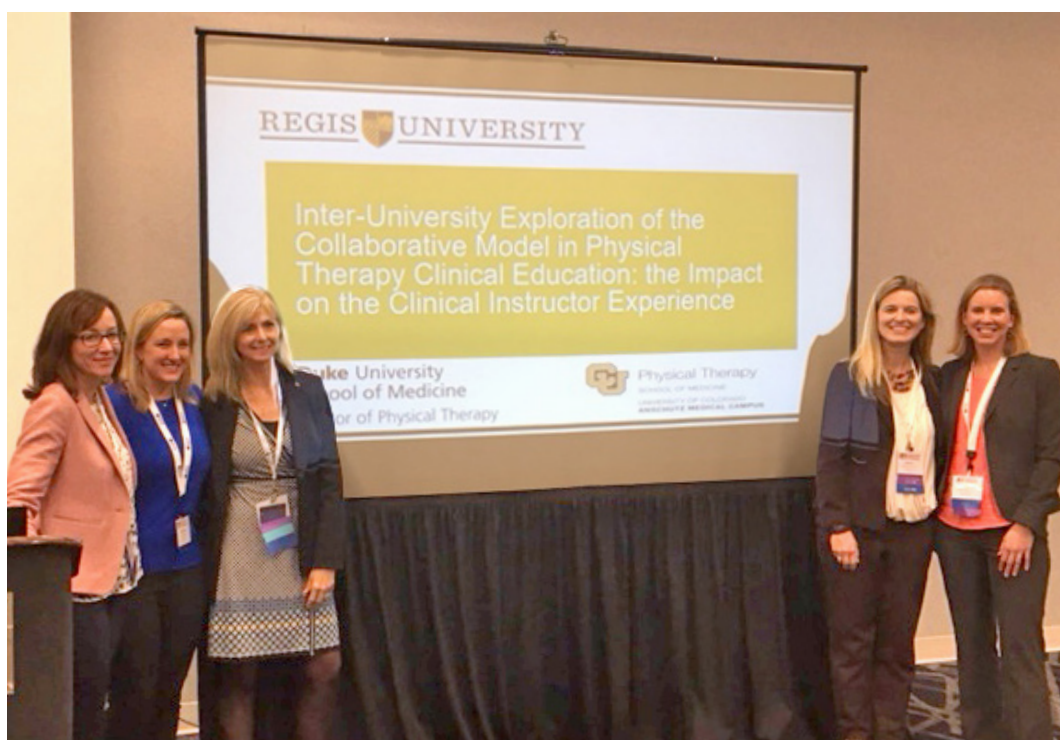
FALL Conference Presentations

There were FOUR major professional conferences this October (three on the same weekend!). As always, the Duke DPT community was front and center in providing leadership and sharing expertise. Great job by Duke alumni and faculty who gave these terrific presentations!

Columbus, Ohio

Education Leadership Conference

- Inter-university exploration of the collaborative model in physical therapy clinical education: The impact on the clinical instructor experience. **Dr. Katie Myers**
- Train the Trainer: Developing the directors of clinical education and clinical instructors as interprofessional collaboration champions. **Holly Haizlip Wise '77**
- Affective domain development: Incorporating empowerment education principles and activities. **Karen Sawyer '80**
- It Takes a Village: Tiered mentorship for development of URM in PT. **Dr. Kai Kennedy, Mya Shackleford**
- The Four Horsemen of the Apocalypse: The critical challenges and opportunities in physical therapy education and research. **Rebecca Craik '72**
- Oxford Debate. **Dr. Kai Kennedy**
- Mentoring Through Networking: An innovative and participatory model of empowering clinical educators to advance student clinical reasoning. **Sean Gallivan '94**



Houston, Texas

International Association for Dance Medicine & Science Annual Conference



■ Professional ballet dancers have greater hip strength than collegiate dancers. **Dr. Tim Sell**

■ The effects of choreographic repetition on range of motion and strength in dancer's hips. **Victoria Banner '20**

■ Associations among age, experience, and injuries of dancers presenting to a dancer wellness clinic. **Hannah Colopy '18, Sally Dunn '18, Kaitlin Coughlin '18, Dr. Rosie Canizares '07**

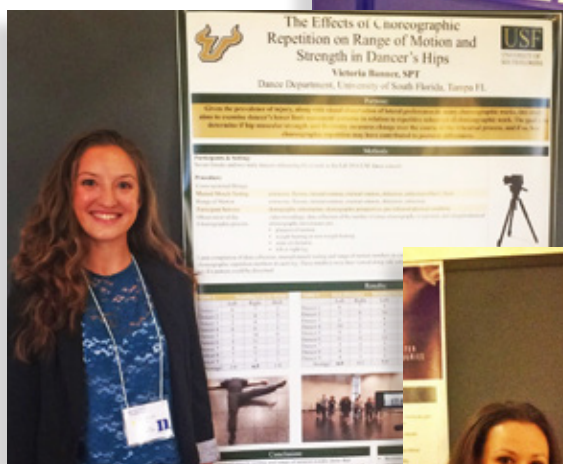
■ Musculoskeletal effects and injury risk in collegiate Indian classical and ballet dancers. **Dr. Rosie Canizares '07**

■ Challenges in treating Achilles tendon injuries in the adolescent dancer: A case series. **Jessica Fulton Waters '14**

■ Injuries among university dance team members. **Jessica Anderson Graning '03**

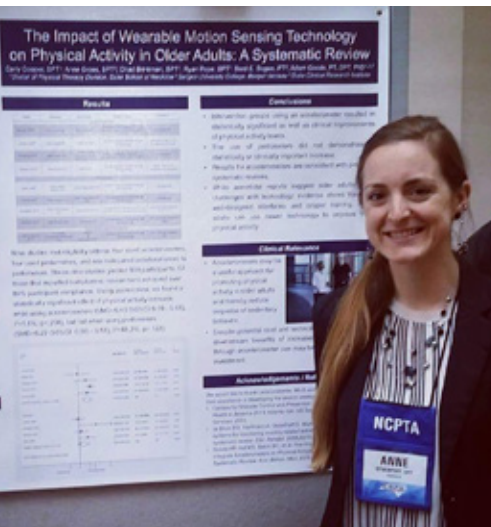
■ Self-reported injury histories in professional ballet and collegiate dance majors. **Dr. Tim Sell**

■ IADMS 'Duels': Cryotherapy: Help or harm? **Dr. Rosie Canizares '07**



Winston-Salem

NCPTA Fall Conference



■ Busting the billing and coding myths for outpatient physical therapy services.

Robbie Leonard '88

■ Lower extremity dysfunction in athletes. **Ciara Burgi '14**

■ Interdepartmental process standardization for improved care access in outpatient therapy clinics.

Tricia Lupi Agnoli '94

■ The role of the physical therapist in management of concussions.

Corina Martinez '06

■ Life after ACL injury: Strategies to maximize long-term joint health.

Laura Stanley '10

■ Hurts So Good: Pain science and manual therapy. **Marissa Araujo Carvalho '12, Mike Schmidt '12**

■ Orthopedic Special Interest Group Sponsored Presentation. Predicting outcomes that matter in orthopaedic physical therapy: Lessons learned from the OSPRO. **Dr. Steven George, Trevor Lentz**

■ Leveraging the nonspecific effects of dry needling to improve patient outcomes. **Dr. Derek Clewley, Morven Ross**

■ Therapeutic application of noninvasive brain stimulation: Transcranial magnetic stimulation (TMS) and transcranial direct current stimulation (tDCS). **Mandy Jones Hyslop '10**

■ Introduction to instrument-assisted soft tissue mobilization. Randy Lazicki

■ Exercise therapy in the non-operative treatment of full thickness rotator cuff tears: A systematic review. **Michael Jeanfavre '16, Sean Husted '16**

■ Cardiovascular and pulmonary applications to the physical therapy outpatient setting. Rebecca Crouch, Karly Schiltgen

■ Interdisciplinary, inclusive intervention: How to work well with others while providing best practice in school settings. **Melissa Hildebrand Scales '08**

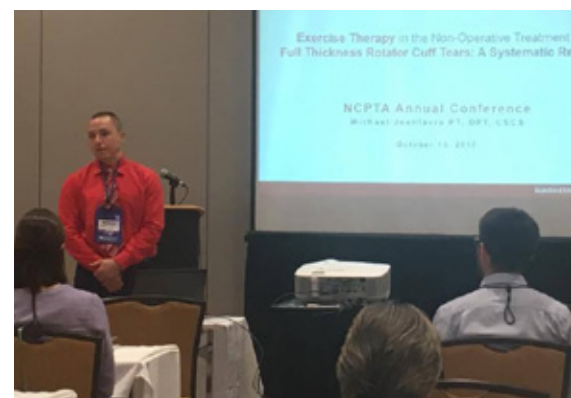
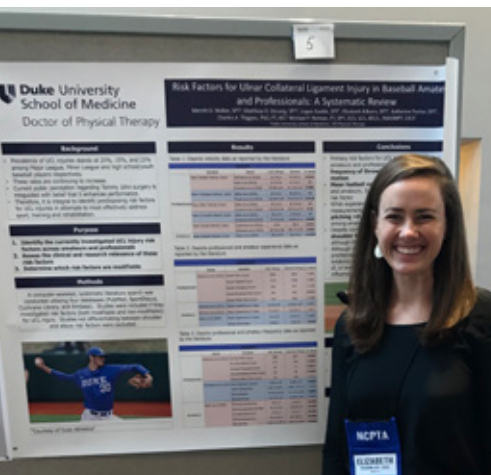
■ Cardiac and orthopedic considerations for patients with dysautonomia. Sean Lowers, **Mike Schmidt '12**

■ PT intervention in the childcare setting: Who, how, and why. Catherine Noonan

■ Run the Distance: Aquatic based return-to-run program. Michael Murray

■ Spine operations and the impact on physical therapy. **Mike Schmidt '12**

■ Ventricular assist devices: Updates and interventions across settings. Karly Schiltgen





Salt Lake City, Utah

American Academy of Orthopaedic Manual Physical Therapists Conference

■ Moderator, keynote panel discussion: “Friday Fun” and Lower Extremity Platform. **Lexie Wright '06**

■ Effectiveness of dry needling within an OMPT approach for myofascial trigger points in hips following sexual assault trauma: A case report.

Brianna Zenerovitz Wahl '11

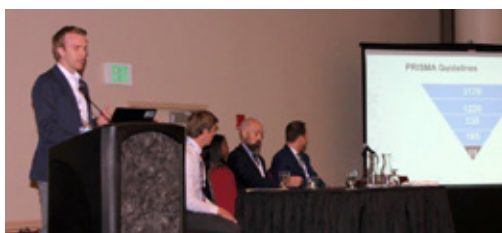
■ Changes in gait characteristics as a result of a program of manual therapy and exercise for individuals with hip osteoarthritis and the impact of an individualized physical therapy treatment program for patients with hip osteoarthritis: A case series. Emily Slaven

■ The effects of dry needling on muscle function and force production: A systematic review and differential diagnosis of the lumbar spine and lower extremity nerve entrapment.

Cody Mansfield '14

■ Temporomandibular joint dysfunction: An area of untapped potential.

Daniel Chelette '15



Message from **Timothy D. Faw '09**, Alumni Association President

Greetings, fellow Blue Devils! As many of you know, 2017 has been a very exciting year for Duke DPT and 2018 is poised to be even better! With 2018 comes the storied 75th Anniversary of Duke Physical Therapy. To celebrate, the Duke DPT program will be hosting special events throughout 2018 and 2019, including pulling out all the stops for the 75th Anniversary Gala slated to take place on September 15, 2018. Be sure to mark your calendars, contact your Duke friends, and start making plans now. This will be an event you won't want to miss! Also, don't forget to **submit your Duke PT stories to be considered for inclusion in the historic 75th Anniversary Book!**



One of the first opportunities to gather in 2018 will be at APTA's Combined Sections Meeting, February 21-24 in New Orleans. Congratulations to all those who were accepted to present at this year's conference! As usual, Duke DPT will be very well represented amongst the platform and poster presentations this year. For updates on presentations and times, follow Duke Doctor of Physical Therapy and #DukeatCSM on **Facebook**, **Twitter**, and **Instagram**! For those attending CSM, the **Duke Physical Therapy Alumni & Friends Reception** will be held at 6:30 on Thursday, February 22, at Hilton New Orleans Riverside. At this event, we will be voting on the Duke Physical Therapy Alumni Association Vice President and newly established Nominating Committee members. Please send nominations (self or otherwise) with name, contact information, and a brief paragraph expressing interest to **me** or **Rosie Canizares** to be considered for open positions. We will also honor the winners of the highly competitive Distinguished Alumni and Emerging Leader awards. I look forward to seeing everyone there!

In other exciting news, there are several new developments regarding the facilities at our Dear Old Duke! First and foremost, as Dr. Landry notes on page 1, Duke DPT will be getting a new home in the heart of the Duke Health campus! Additionally, the university is making excellent progress on the new **Karsh Alumni and Visitors Center**, which will offer Duke alumni a fantastic space when we return to campus! (And speaking of Duke-wide resources, if you haven't already registered for the **Duke Alumni network**, please do so now!)

As always, thank you all for everything you do to make Duke DPT one of the best in the country. Have a great winter and GO DUKE!

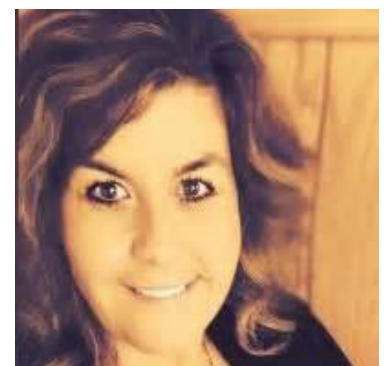
Forever Duke,

Timothy D. Faw, PT, DPT, NCS, Duke DPT Class of 2009
Duke Physical Therapy Alumni Association President



■ In July, two Duke DPT alumni were recognized by the Foundation for Physical Therapy as part of the foundation's **2017 Promotion of Doctoral Studies (PODS) Scholarships and Fellowships**. Duke Physical Therapy Alumni Association President **Timothy Faw '09** received the 2017 Mary Lou Barnes Award, while **Laura Stanley '10** won the 2017 Margaret L. Moore Award. Congratulations to this dynamic duo! (As noted in the faculty section, Dr. Jody Feld also received a PODS II scholarship.)

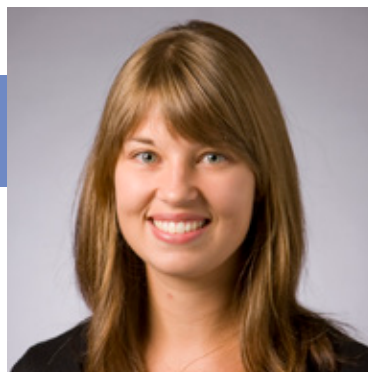
■ **Sherise Reber Smith '88** was recently named chairman of the Nevada Physical Therapy Board. She also serves on the Foreign Educated Standards Committee for the Federation of State Boards of Physical Therapy. She currently practices as the team leader for the Northern Nevada location of Rehab Without Walls.



The Grad Grapevine



■ **Marilyn (Miller) von Foerster '69** reports that she has been practicing physical therapy for 48 years “and loving every bit of it! I created **BackTpack** in 2005 as a healthy alternative to the common backpack for students, commuters, and travelers. It has been endorsed by the Chiropractic Association of South Africa and is now going into South African schools. Research on BackTpack was published in March 2016 issue of *Gait & Posture* journal. “Our son Nicholas is graduating this June with his MD from Oregon Health and Sciences University,” Marilyn shares. “We are grateful and excited about all of this. I am especially grateful for my education at Duke and this great profession that has connected me to so many wonderful people and places, teaching healthy lifelong movement.”



■ **Destination Rehab**, a nonprofit organization located in Bend, Oregon that provides adventure-based rehabilitation for individuals with neurologic conditions, has received the inaugural grant from the nonprofit Move Together’s Pro Bono Incubator, reports Destination Rehab Founder and Executive Director **Carol-Ann Nelson '13**. Destination Rehab’s mission is to provide skills training to promote independence and quality of life while enjoying the amazing outdoor and community opportunities in Central Oregon. Bringing physical therapy principles into the community and onto the trail gives participants the confidence and training needed to engage in a full life. Carol-Ann, who lives in Bend, Oregon, says that the new organization will use the \$4,800 grant from Move Together to engage the population served and create opportunities for participants to lead, allowing them to shape the development and direction of programming. To join the mailing list, email connect@destinationrehab.org.



■ **Kelley Kubota '94** was elected as a director of the California Physical Therapy Association.



■ **Jodi Thomas '05** recently published “**Knowledge of congenital cytomegalovirus (cCMV) among physical and occupational therapists in the United States.**”



■ The kickoff episode of APTA’s new podcast series, “Finding My Way,” features an interview with **Keaton Ray '14**. **Listen** as Keaton, the president of the DPT Class of 2014, reflects on how listening to her gut led her to get involved in student leadership and mentoring and identify her professional passion, and talks about her evolving career.

Class of **2007****10-Year Reunion**

by Colleen Pratt Meyrose '07



The Class of 2007 gathered in Durham for our 10-year reunion, traveling from as far as Seattle and as near as Durham. This great opportunity to reconnect with people who we formed some of the strongest and most pivotal bonds with was strategically planned for a weekend in early November, allowing us to spend another afternoon in Cameron Indoor Stadium. This also offered the

chance to enjoy the most beautiful fall colors in and around campus.

We kicked off the weekend with a Chapel Climb, taking in an expansive view of Durham and then a tour of some of the old and new sites on campus, including the state-of-the-art Student Wellness Center. The revitalization in downtown Durham was impressive as we reunited at Bull City Burger & Brewery Friday night.





Saturday morning started with a very nice open house and tours given by the current DPT students at the new-to-us location in Erwin Square. Drs. Cook, Shipp, and Kirk stopped by to update us on all of the changes and growth to come in the program. Some of the class gathered for a family picnic in the gardens and others enjoyed some impressive Blue Devils basketball. More than half the class made the trek to Durham with just as many kids and enjoyed a family-friendly cook out at **Kerry Connolly Blazek's** house followed by another night out downtown at Torero's (for old times' sake).

We are so grateful for **Rosie Canizares** being our classmate and such an amazing coordinator of alumni engagement to help us make a fantastic weekend come together. It was refreshing and also inspiring to hear about all of our

classmates' personal and professional accomplishments over the past decade, including those who we missed that weekend. We hope to top our attendance at next year's 75th anniversary celebration.



Reflections

by Helen Kaiser Scholarship recipient **Hannah Zhang '16**



I feel a bit sheepish writing this, actually, because I feel like I should have “seized the day” and perhaps explored more opportunities. When I was weighing my opportunities for PT school, I decided to attend Duke because of the diversity of the university to allow for my maturation as a whole person, beyond the classroom curriculum, so I can be best equipped to serve and relate to my patients as individuals, as whole persons in their own right.

Having been awarded the Helen Kaiser Alumni Scholarship certainly has alleviated some financial concerns in pursuing my degree in physical therapy, but most of all the honor serves as a reminder of the reason why we’re in this profession, because the real-life-ness of a physical therapist can be a rude awakening to the ideals we were taught as students.

Health care legislation may change, and government administrations can significantly stymie or facilitate our profession and the health care climate at large. But the core belief to be a provider of health through movement, to individuals of every spectrum of life, is something each one of us should – and I think most eventually do – define and embody, despite the changes in the health care ecosystem.

Thank you to this year’s ALUMNI DONORS!

In our summer issue, we highlighted last fiscal year’s donors. The alumni listed at left have made gifts so far for our new fiscal year, which runs from July 1 to June 30:

Annual support for Duke DPT 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.

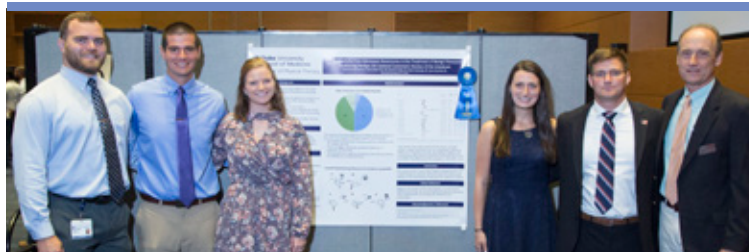
Merle Edith Adkins '67
Timothy Lee Ainslie '86
Susan Kent Avjian '84
Robert Bahr '75
Carol Tarasovs Blanpied '84
Rosie Canizares '07
Marcella V. Chancey '61
Allison Marek Conta '00, '01
Sharon Geer Coplai '84
Tawnie Kei Crowe '11
Elizabeth Eife-Johnson '75
Martha L. Ellsworth '70
Luray Lindgren Eshelman '70
Sarah Lynne Femrite '91
Linda Foster '87
Edward Joseph Kane '81
Tamma Cain Klassen '90
Michael John Majsak '81
Kevin George Mark '81
Suzanne Martin '70
Rebecca Bloyer Masters '78
Elizabeth Mostrom '78
Marie Koval Nardone '79
Beth L. Rohrer '00, '01
Melissa Joy Simon '89
Susan Mote Smith '84



On Friday, July 7, 2017, the Duke DPT Class of 2018 presented their capstone research. (See *winners at right*). Following the presentations, Dr. Ben Alman, James R. Urbaniak Professor and Chair of the Department of Orthopaedic Surgery, gave the keynote address at the White Coat Ceremony in Duke Chapel. A reception for the Class of 2018 followed in Penn Pavilion.

Capstones & Coats

Capstones Winners



1ST PLACE:

The necessity for post-maneuver restrictions in the treatment of benign paroxysmal positional vertigo: An updated meta-analysis of the literature.

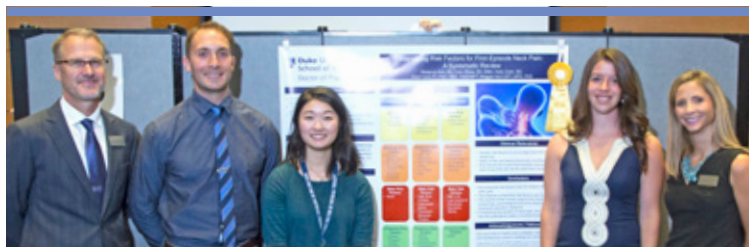
Authors: Adam Hockaday, Jordan Tyler, Rachael Nobbs, Christina Cromwell, and Sean Donnelly
Mentor: Dr. Richard Clendaniel



2ND PLACE:

Effects of exercise on women with postpartum depression: A systematic review of the literature.

Authors: Valerie Adams, Jennifer Volo, Aubrey Burnside, Jasmine Cross, and Marrion Kalafut
Mentor: Dr. Carol Figuers '81



3RD PLACE:

Identifying risk factors for first-time and recurrent neck pain: A systematic review

Authors: Rebecca Kim, Colin Wiest, and Kelly Clark **Mentors:** Dr. Maggie Horn and Dr. Chad Cook

Good Stuff

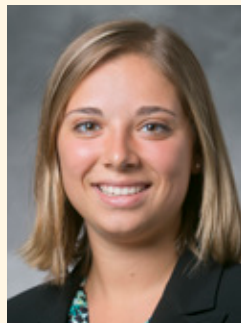
Kira Battle '18 presented her capstone



team's research, "Physical rehabilitation in acute care settings of low- and middle-income countries: A systematic review," in Cape Town, South Africa during the World Confederation for Physical Therapy

Congress in July. Co-authors include Class of 2018 classmates **Annie Daorai**, **Hina Javed**, and **Lauren Vicik**.

Jen Volo '18 and **Val Adams '18** are



serving as director of administration and assistant director of research, respectively, of the Section on Women's Health Student Special Interest Group.



Anne Gross Davenport '18 received an Excellence in Service Award from the APTA Student Assembly for her service as the NC Core Ambassador for 2016-2017.

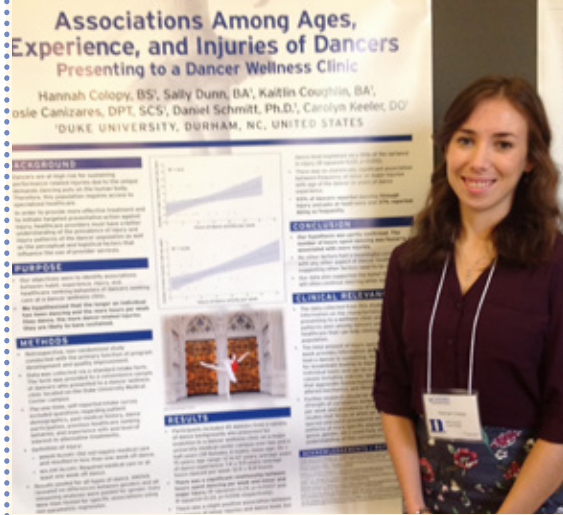


The **Duke DPT Diversity SIG** attended the kick-off event for a career mentoring program at Durham's Hillside High School to connect students with mentors working or studying in their field of interest. As mentors in this year-long program, DPT students work with their high school mentees to help them clarify their career goals and paths to get there, and serve as role models in professionalism, networking, communication, and life-long learning. This program is a great way for our students to engage in the local community and make an immediate impact on the lives of young people interested in physical therapy/health professions.

Joe Drobka '19, **Rachael Nobbs '18**, and **Colin Wiest '18** were selected for the Health Professions VA Scholarship Program (HPSP)! The



scholarship provides full tuition for one year, as well as a stipend that can be repaid by working at the VA for two years after graduation. There were 1,500 total applicants for this year's scholarships (across all health professions, not just PT), and 20 PT students were selected. That means 15% of the PT awards nationally went to Duke students!



Hannah Colopy '18 won the Performing Arts Special Interest Group (PASIG) student scholarship to attend the 27th Annual Conference of the International Association for Dance Medicine & Science. She also authored a citation blast for the PASIG on female athlete triad.

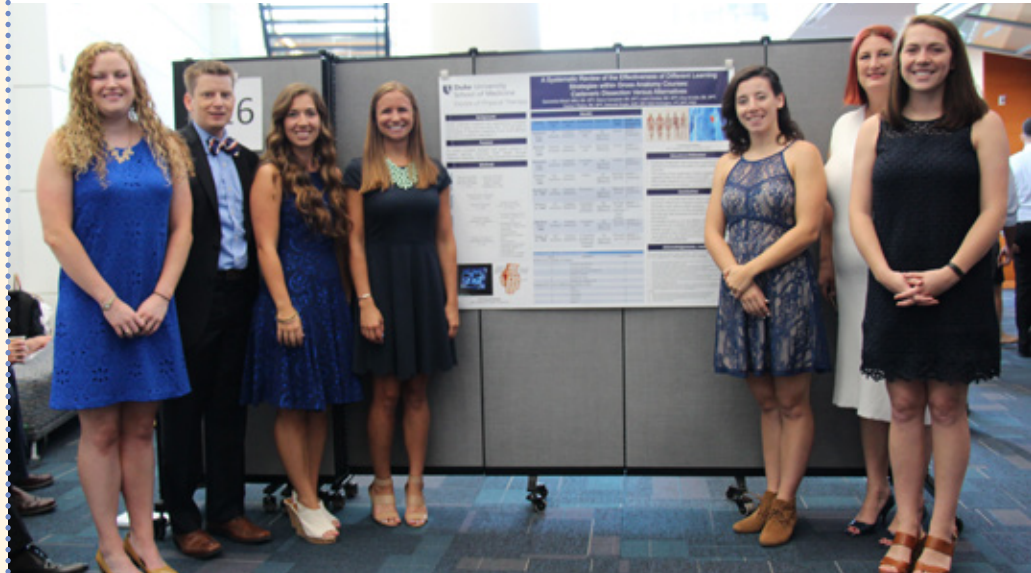


In August, we welcomed 80 students into the Duke DPT Class of 2020. **Jessica Mah '20** was elected by her peers as class liaison.

Katie Scaff '19 is the APTA Student Assembly Core ambassador for North Carolina. She also has received a scholarship through Kaiser Permanente Northern California's orthopedic residency program to attend the Combined Sections Meeting in February.



Kristen Dragotta, Brandon Jang, Maddie Hayes, and Zack Conley, all from the Class of 2020, kicked it up a notch as winners of the Score for the Cure 4v4 soccer tournament, which raised funds for Blue Devils vs. Cancer.

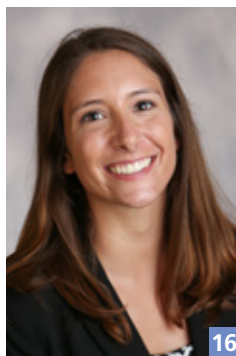
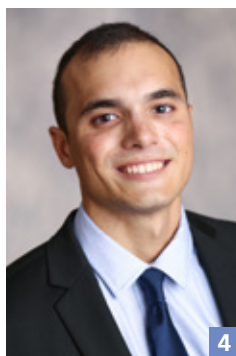


The Class of 2018's **Samantha Wood, Carson Wigley, Amy Arnette, Diana Campbell, and Leah Cronley**, along with faculty mentors **Dr. Kyle Covington '04** and Dr. Engle from Duke School of Medicine had a poster accepted at the AAMC meeting in November on "A systematic review of the effectiveness of different learning modalities for the acquisition of anatomical knowledge: Cadaveric dissection versus alternatives."

Congratulations

to all on your accomplishments
and for making Duke DPT proud!

Class of 2018 | Special Interest Group



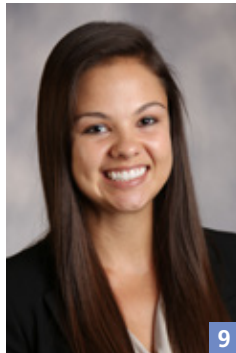
and Club Leaders



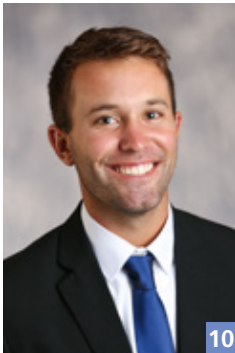
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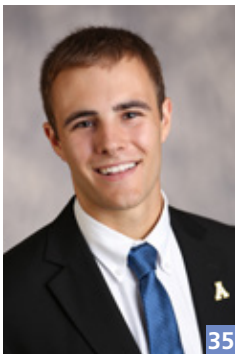
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34



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Advocacy

Andy Batchelder, Katie Scaff

Business & Financial

Jeff Cremonte, Frank Talty

Cardiopulmonary

Daron Blankenship,
Melanie Richmond Woodruff

Diversity

Brandon Anderson,
Brittany Butler, Kylie Hess

Education

Kyle Clark, Emily Duncan

Global Health

Christina Cesarz, Katlin Harker,
Will Jackson

Humanities

Liz Arnold, Katie Scaff

Inpatient

Kimmy Bader, Stephanie Igo

Military

Kathleen Daly, Zach Meline,
Ben Schmitt

Neurological/Geriatric

Christine Dang, Scott Gravatt,
Gwen Moffett, Ben Ramger

Persistent (Chronic) Pain

Kim Carlomagno, Erin Carroll,
Katlin Harker

Prevention & Lifestyle Medicine

Kathleen Daly, Katie Scaff,
Ben Schmitt

Prosthetics & Orthotics

Andy Batchelder, Callie Beasley

Sports

Kylie Hess, Claire Hsing,
Nick Mahaffey

Women's Health

Rachel Koebele, Erin Leger,
Jenny Trahan

APTA NC Core Ambassador

Katie Scaff

DPT United

Liz Arnold, Emily Duncan,
Will Jackson

Rehab2Performance

Kyle Clark, Matt Shiver

- 1 Andy Batchelder
- 2 Katie Scaff
- 3 Jeff Cremonte
- 4 Frank Talty
- 5 Daron Blankenship
- 6 Melanie Woodruff
- 7 Brandon Anderson
- 8 Brittany Butler
- 9 Kylie Hess
- 10 Kyle Clark
- 11 Emily Duncan
- 12 Christina Cesarz
- 13 Katlin Harker
- 14 Will Jackson
- 15 Liz Arnold
- 16 Kimmy Bader
- 17 Stephanie Igo
- 18 Kathleen Daly
- 19 Zach Meline
- 20 Ben Schmitt
- 21 Christine Dang
- 22 Scott Gravatt
- 23 Gwen Moffett
- 24 Ben Ramger
- 25 Lisley DaSilva
- 26 Alex Wood
- 27 Kim Carlomagno
- 28 Erin Carroll
- 29 Katlin Harker
- 30 Callie Beasley
- 31 Claire Hsing
- 32 Nick Mahaffey
- 33 Rachel Koebele
- 34 Erin Leger
- 35 Jenny Trahan
- 36 Matt Shiver



New Summer Pilot Program Aims at Diversity in Physical Therapy



This article is adapted from a longer article authored by Greer Arthur and posted on the Duke Research Blog on August 29, 2017.

[Read the full article.](#)

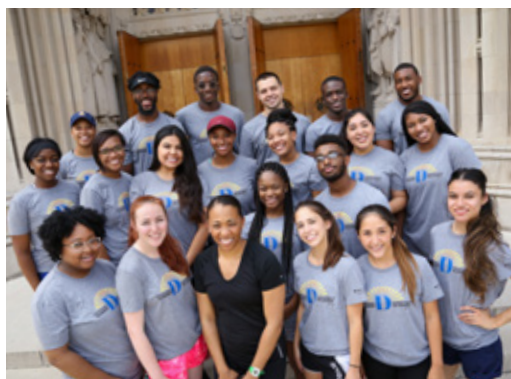
Despite the growing demand for physical therapists in the U.S., the profession continues to lack racial, ethnic, and socioeconomic diversity compared to the increasingly diverse population we serve. In June, Duke DPT hosted the first Summer Discovery Program, inviting 20 undergraduate students from underrepresented groups to campus for five days to learn about the profession and help them see a path to successful careers in PT.

“Many people are not familiar enough with physical therapy to consider it as a profession,” says Kai Kennedy, assistant professor. “Part of the impetus for developing the Summer Discovery Program

was to ultimately end up with a PT workforce that more broadly represents our population.”

Students participated in mock classes, visited clinics and research labs, and walked through the application process with an admissions coordinator. They learned from PT faculty in orthopedics, neurology, geriatrics, pediatrics, and global health who provided exposure to the interdisciplinary nature of the profession. Students also received lessons in professional communication, leadership opportunities, and community engagement, and connected with current DPT students to learn about life at Duke.

Participants reported that the



program improved their understanding of PT as a profession, and felt more excited to pursue a career in PT. The success of this inaugural event was due to the tremendous support and involvement of DPT staff, faculty, and students, clinical partners, colleagues at Duke, and leaders in the PT profession.

"I am going to apply to Duke, just because of what the program has opened my eyes to," says Brian Washington, a rising senior at UNC-Greensboro.

Mya Shackleford is Duke DPT's assistant director of admissions. Along with Dr. Kennedy, she and others in the DPT conceptualized and organized the Summer Discovery Program. "To have these types of programs on the professional level that can expose students at an early stage is important, because a lot of people don't know their options," she says.

"The Duke DPT Summer Discovery Program was a life-changing event for many participants. They walked away with a better understanding of the profession of physical therapy, the Duke DPT program, and the admissions process. They also left feeling more knowledgeable, inspired, confident, and better prepared for a graduate professional program. They formed new friendships, new networks, and they have support system behind them to help them achieve their goals. Having the privilege of witnessing their transformation throughout the week was awe-inspiring!"

Mya Shackleford, Duke DPT Assistant Director of Admissions
Co-organizer of the Summer Discovery Program

Faculty, current students, and practicing clinicians have volunteered as mentors and will stay in touch with program participants. Students' academic and career paths will be tracked by program organizers. Dr. Kennedy (a member of APTA's Work Group on Diversity and Inclusion) and Shackleford are discussing the Summer Discovery Program at national conferences, and encouraging other

institutions to run similar programs in hopes of increasing diversity in the profession nationwide.

"I have been working as a PT for a long time, and I've never seen an institution have a commitment to diversity in this particular way," Dr. Kennedy says. "It was an unparalleled opportunity to address something I feel very passionate about as an underrepresented minority in this field."

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member of our
community and
we would like
to hear from you.*

Connect with other Duke Alumni

Duke Alumni Association: Connect with classmates across Duke and learn about upcoming events and career networking opportunities. Update your profile to reflect your current contact and professional information. Network with 5,000 alums offering information and advice about particular geographic areas, jobs and careers, stages of life, and graduate education.

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We'd like to know a bit more about you so we can provide relevant resources and opportunities. Please **take our brief (10 minute) survey** to share how we can better serve you.

Please share your personal and professional accomplishments so that we may celebrate with you. Email us with your latest news and accomplishments.

Upcoming DPT Continuing Education Courses

Title of Course	Dates	Provider	Registration Information
Vestibular Rehabilitation: A Competency Based Course	May 5–10, 2018	Duke DPT & APTA	More information to come.
Duke/UNC Symposium (Pain Management Across the Lifespan) Keynote Presenters: Drs. Chad Cook, Steve George, and Michael Gross	April 14–15, 2018	Duke University DPT & UNC	More information to come.

If you're an alum interested in participating in the Duke DPT Alumni Mentorship Program, you can sign up by filling out this **short survey** to help us better pair you with a mentor/mentee.

Please **e-mail dptalumni@dm.duke.edu** if any of these apply to you:

- board certified specialist, please indicate which specialty
- graduate of a residency/fellowship program
- interested in accompanying Duke DPT students on global health service trips
- interested in helping Duke DPT admissions with recruitment
- willing to house students who are away on clinical rotations

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