

Duke in touch

Connecting Duke Physical Therapy alumni, students, faculty, clinicians, and friends | Winter 2019

Plan B: Our 75th anniversary plans were blown away by Hurricane Florence, but the celebration goes on!



From Our
**Program Director
and Interim
Division Chief**

Sadly, the unexpected arrival of Hurricane Florence in mid-September forced us to cancel our weekend-long celebration of Duke Physical Therapy's 75th anniversary. The weekend, which we were very excited about, was to include continuing education sessions, campus tours, and social events, all culminating in a Saturday evening gala. It was to be the kickoff of a year-long recognition of the program's illustrious past and set the stage for DPT's future.

While everyone was disappointed about the cancellation, we are thankful that everyone is safe, and we couldn't let this milestone pass without raising a glass.

So, on Monday, October 29th, DPT hosted a small gathering at Parizade restaurant for local faculty, staff, and alumni. (See photos on page 2.)

We will also celebrate in late-January at our annual Duke Physical Therapy Alumni and Friends Reception at CSM 2019 in Washington, DC, so we hope you'll join us there. (Details, and a link to RSVP, are on page 7.)

AND...with construction of our new building ahead of schedule (fingers crossed!), we are planning a combined celebration of the building's opening and our 75th anniversary in Fall 2019. It is actually a perfect way to acknowledge our program's past and step into the future together. Stay tuned for details.

While Florence was an unwelcome visitor, she reminded us of the strength and resilience of our DPT community. It will be that much sweeter when we are all together to celebrate.

All the best,

Chad Cook, PT, PhD, MBA, FAAOMPT
*Professor, Program Director,
and Interim Division Chief
Doctor of Physical Therapy Program*



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Small Gathering Celebrates 75th



Read all about it!

In preparation for our 75th anniversary celebration, Emerita Professor Jan Gwyer researched and wrote a gorgeous book chronicling the history of Duke Physical Therapy and recognizing some of the people who have been so critical in the success of this program. We shared this book with guests at the Parizade event and will bring copies of this fantastic tome to the celebration at CSM 2019 for all to see.



Our new home is nearly complete!



Faculty Updates and Kudos

Dr. Chad Cook, DPT program



director, is co-investigator on a Department of Defense grant, “Influence of rehabilitation after ankle injuries in active duty service members:

The impact of timing and dosing on downstream healthcare utilization costs.” This fall, he gave keynote addresses at the Florida and California Physical Therapy Association meetings and the 2018 American Academy of Orthopedic Manual Physical Therapy Conference in Reno. He was also an invited speaker at the Orthopaedic Summit 2018 in Las Vegas and gave the inaugural webinar address for the International Federation of Manual Physical Therapists. Check out his editorial in the **Journal of Orthopaedic & Sports Physical Therapy** and his recent publications in the **Journal of Manual & Manipulative Therapy**, **Physiotherapy Research International**, **JOSPT**, **BJM Open**, and the **British Journal of Sports Medicine**.

Congratulation to **Dr. Kyle**



Covington '04, who has secured his *eighth* Duke AHEAD grant, this time as a collaborator on a project to develop a text message-based wellness survey

for health professions trainees and improve communication regarding trainee and program wellness among trainees and program leadership. Duke AHEAD is a partnership between Duke's programs in Physical Therapy, Physician Assistant, Family Medicine, and Pediatrics to promote excellence in the education of health professionals.

Dr. Laura Case co-authored two



publications on Duchenne muscular dystrophy in the October 2018 issue of *Pediatrics*, one on **rehabilitation management of patients with**

DMD; the other providing a **transition toolkit for DMD**. Also a leading force in the treatment and management of Pompe disease, Dr. Case co-authored recent publications in **Molecular Therapy** and **Molecular Genetics & Metabolism**.

Dr. Derek Clewley was lead author



on a research report published in the **Journal of Orthopaedic & Sports Physical Therapy** examining whether health care utilization

before hip arthroscopy is predictive of health care utilization after surgery in the U.S. Military Health System. **Dr. Chad Cook** was a co-author on the report.

Dr. Jody Feld has received a \$25,000



grant from UNC's North Carolina Translational and Clinical Sciences Institute to support a multicenter study on development of a hospital discharge risk

assessment for future falls and inactivity in subacute stroke.

Congratulations to **Dr. Jeff Hoder**,



who was selected to present a lecture on central vestibular disorders at the Physical Therapy Association of Georgia's Third Annual Neurology

Rehabilitation Symposium. Dr. Hoder discussed a case-based approach to the management of individuals with CVD at the October 2018 event, which was held in Atlanta.

In October, **Dr. Steven George**



presented at NCPTA on Stepped and stratified care: Moving from low back pain to post-surgical rehabilitation. On December

4 & 5, he participated in the **National Academies of Medicine Nonpharmacological Workshop in Washington, D.C.**, which was designed as a result of the national push toward the use of nonpharmacological therapies for chronic pain. Dr. George served on the planning committee and was selected as a moderator for Session One: Nonpharmacological Approaches to Pain Management - Evidence on Effectiveness and Safety, and Emerging Models of Care.

Dr. Maggie Horn was featured in the **2017-18 Duke Clinical Research Institute Annual Report** discussing findings from the recent study “Influence of Initial Provider on



Health Care Utilization in Patients Seeking Care for Neck Pain.” The study, published in Mayo Clinic Proceedings: Innovations, Quality & Out-

comes, found initially consulting with a nonpharmacological provider may decrease opioid exposure over the next year and also decrease advanced imaging and injections.

Big ups to **Dr. Amy Pastva**, who



is part of a multidisciplinary team that scored a Duke AHEAD grant for an interprofessional initiative to improve the “drop to shock” interval

on Duke University’s campus. The project brings interprofessional learners together to engage in a plan-do-study-act cycle to determine locations of Automated External Defibrillators (AEDs) on the entire Duke campus, produce a short video, and supplement existing informatics tools to educate the public on prompt activation of the emergency response system. Dr. Pastva co-authored a recent publication on **a PT-based outpatient program for adult awaiting lung transplantation** in the *Cardiopulmonary Physical Therapy Journal*, and a commentary that **central-acting therapeutics alleviate respiratory weakness caused by heart failure-induced ventilatory overdrive** in *Frontiers in Physiology*.

Dr. Adam Goode '05 was lead author on a publication in **Physical Therapy** on development and evaluation of the Boston University



Osteoarthritis Functional Pain Short Form.

Hats off to **Dr. Mike Reiman**, who



successfully defended his PhD thesis and was awarded his PhD from Copenhagen University in Denmark, a top 100 international university, in

November! It was a busy fall for Dr. Reiman, who also spoke at the SportsSwiss International Hip Conference, presented at NCPTA on clinical assessment of hip pain in the young and middle-aged adult, and was lead author on the **accuracy of the lever sign to diagnose anterior cruciate ligament tear**, which was published in the *International Journal of Sports Physical Therapy*. He also was involved in a consensus meeting for the International Hip-related Pain Research Network in Zurich that will result in the publication of four papers guiding clinicians and researchers on hip-related groin pain diagnosis and treatment. Whew!

Congratulations to **Dr. Tim Sell** and



his colleagues at the **Michael W. Krzyzewski Human Performance Laboratory (K-Lab)**, for being one of seven projects

selected as recipients of the inaugural Germinator Research Awards from the Duke Institute for Brain Sciences.

Welcome (back) to our newest faculty member!

In July 2018, **Dr. Laura Stanley Pietrosimone '10** – a



double Duke grad – returned to her alma mater to join the Doctor of Physical Therapy Division as assistant professor. Dr. Pietrosimone, who grew up in Durham and Asheville, earned her bachelor's and DPT degrees at Duke. She completed the Proaxis Therapy post-professional sports residency program in Greenville, South

Carolina, leading to her credentialing as a board-certified sports clinical specialist. Just before joining our faculty, she earned a PhD in human movement science at UNC-Chapel Hill. (But don't worry, she's still a diehard Duke fan!)

Dr. Pietrosimone has eight years of clinical experience treating an orthopedic and sports medicine population, with a particular focus on knee injury rehabilitation. Her primary research interests include lower extremity biomechanics, physical activity, and patient outcomes following knee injury, and improving the effectiveness of rehabilitation strategies to restore normal knee function and maximize long-term health. She was an author on an article on ankle dorsiflexion displacement in females following ACL reconstruction, published in **Research in Sports Medicine** in August.

"It's a great honor to return to my alma mater as a faculty member," Dr. Pietrosimone says. "I have been blessed to work with and learn from amazing people throughout my career, and this opportunity at Duke was in line with my career and personal interests and goals. I am excited to be a part of an energetic, passionate faculty seeking to create an innovative learning environment for our students and be leaders in our profession. Additionally, as a junior investigator, the many avenues of meaningful research collaborations across multiple departments and groups at Duke is very exciting, and the opportunity to be engaged in both clinical practice and research is fantastic. I am so happy to be here!"

Staff Shout-Outs

Ale Garcia, PhD, a post-doc in the divisions of DPT and Spine, has been awarded the top doctorate thesis award by the Coordination for the Improvement



of Higher Education Personnel in Brazil. The annual award identifies the person who has completed the top thesis in that country in the fields of sports sciences, physiotherapy, occupational therapy, and speech pathology. At a ceremony in December, Dr. Garcia received a certificate, medal, and postdoctoral scholarship. Congratulations on this amazing honor, Ale!

Educational Technology Specialist



Kun Li, PhD, co-authored an article published in the *Journal of Formative Design in Learning* on **motivating students in**

Massive Open Online Courses (MOOCs) using the Attention, Relevance, Confidence, Satisfaction (ARCS) model.

Message from

Timothy D. Faw '09, Alumni Association President

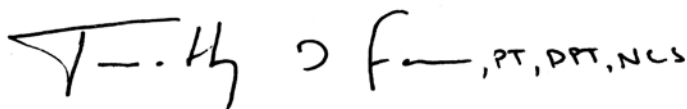
Greetings, fellow Blue Devils!

As 2018 draws to a close, we reflect on what was yet another banner year for Duke DPT. Two of the most visible highlights include breaking ground on the new on-campus home for DPT education (**if you haven't seen, it click [here](#)**) and the long-awaited celebration of Duke Physical Therapy's 75th Anniversary. Unfortunately, Mother Nature didn't allow for the full extravaganza warranted by 75 years of excellence. However, Duke DPT held a wonderful event at Parizade restaurant in October to commemorate this milestone.

If you weren't able to attend the 75th Anniversary celebration in Durham, fear not! More exciting festivities are planned for the upcoming Combined Sections Meeting, which will take place January 23-26, in Washington, DC. I hope you will attend our Duke DPT Alumni & Friends party on Thursday, January 24, from 6:30-8:30 in Marriott Marquis Salon 6 (**RSVP [here](#)**). In addition to celebrating our 75th Anniversary and the 2018 alumni award winners, we will be voting in a new class of DPT Alumni Association officers, including president and at-large members. If you are interested in nominating yourself or someone you know for one of these positions, please email me at **timothy.faw@gmail.com** as soon as possible!

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



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and Operations

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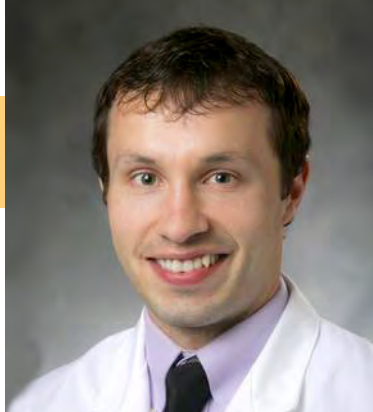
Laura Ertel

The Grad Grapevine

Big Props to...



■ Duke Sports Medicine Division I Athletics Fellow **Ciara Burgi '14**, who won first place at the Duke Sports Medicine Fellows Research Day in June 2018 for her study, "Criteria for clearance to return to sport following primary anterior cruciate ligament reconstruction." (Here's her [abstract](#).)



■ **Mike Schmidt '12**, who received the North Carolina Physical Therapy Association Excellence in Clinical Practice Award and APTA's Emerging Leader Award at the 2018 NCPTA Fall Conference. And for the trifecta: Dr. Schmidt also was elected as a 2018 NCPTA delegate!



■ **Anne Gross Davenport '18** also scored an election victory at the NCPTA Fall Conference and has taken her place on the Scholarship and Loan Committee.



■ **Brad Myers '09** was a American Academy of Orthopaedic Manual Physical Therapists 2018 Conference 5x5 winner for his cervicothoracic spine presentation, "Factors associated with Cervical Arterial Dysfunction: A survey of physical therapist educators."

Dr. Chad Cook was a co-author of this talk.

The upcoming issues of the *Journal of Orthopaedic & Sports Physical Therapy* will have Duke DPT written all over them! Check out **JOSPT** for articles authored by DPT faculty members **Dr. Mike Reiman** (and his daughter!) and **Dr. Tim Sell**, and alumni **Cody Mansfield '14**, **Justin Losciale '17**, and **Rachael Zdeb '17**.



Please join us at the **Duke Physical Therapy Alumni and Friends Reception** and **75th Anniversary Celebration** on **Thursday, January 24th**, from 6:30-8:30 pm in Marriott Marquis Salon 6 at Combined Sections Meeting 2019 in Washington, DC!

[RSVP here](#)

Author! Author!

Check out these recent journal publications by DPT alumni.

Amy Arundale '11. *Journal of Orthopaedic & Sports Physical Therapy.* **Clinical practice guidelines: Exercise-based knee and ACL injury prevention**

Alan Lee '94. *Physical Therapy.* **Physical impairments associated with post-intensive care syndrome: Systematic review based on the World Health Organization's international classification of functioning, disability, and health framework**

Garrett S. Bullock '17, Taylor Chapman '17, Thomas Joyce '17, Robert Prengle '17, Taylor Stern '17, and Dr. Robert J. Butler. *Human Kinetics.* **Examining differences in movement competency in professional baseball players born in the United States and Dominican Republic**

And our newest alumni authors...

Meredith Kinney '18, Jasmine Seider '18, Amanda Beaty '18, Kaitlin Coughlin '18, Maximilian Dyal '18, and Dr. Derek Clewley. *Class of 2018 capstone publication in Physiotherapy Theory and Practice.* **The impact of therapeutic alliance in physical therapy for chronic musculoskeletal pain: A systematic review of the literature**

1 Amy Arundale '11; 2 Alan Lee '94;
3 Garrett S. Bullock '17; 4 Taylor Chapman '17;
5 Thomas Joyce '17; 6 Robert Prengle '17;
7 Taylor Stern '17; 8 Meredith Kinney '18;
9 Jasmine Seider '18; 10 Amanda Beaty '18;
11 Kaitlin Coughlin '18; 12 Maximilian Dyal '18



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ALUMNI DONORS ROCK!

Gifts received July 1, 2018 – December 31, 2018

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.

Amy Baggett '97
Robert Bahr '75
Mildred Petty Brickler '81
Rosie Canizares '07
Doris Duclos '54
Martha Ellsworth '70
Sandra Reimers Herzog '67
David Kirkwood '68
William O'Brien III '69
Martha Dowling Redick '61
Laurie Beth Samet '82
Antonia Tartaglia Schantz '60
Susan Mote Smith '84
Anne Weekley Thompson '79
Carol Patton Tift '73
Sue Wolfson-Whitney '59
Katherine Shizue Yano '90



Good Stuff

In August, we welcomed 81 members into the **Duke DPT Class of 2021**.



Katie Scaff '19 and **Yusra Iftikhar '20** are among the first recipients of the NCPTA Student Special Interest Group APTA National Student Conclave Scholarship. Katie also received the APTA Section on Research's first National Student Conclave Student Travel Award and became the first two-time recipient of the Kaiser Permanente Northern California CSM Scholarship. Not to be outdone, Yusra was recognized as one of NCPTA's Outstanding Students for 2018. Way to go, ladies!



Dashae Smallwood '21 has been elected by her classmates as the Class of 2021's Fall Class Liaison.



Kendal Rozaieski '21 has received a VA Health Professions Scholarship. She is the *tenth* Duke DPT student to earn this honor.

Not-so-good stuff...

Alas, due to the unwelcome arrival of Hurricane Florence, the Grad Student Campout was cancelled this year.

Go Blue Devils!

Pubs & Posters

The Duke DPT Class of 2019 is a prolific bunch!

Accepted for publication:

Pain Practice: Differences in characteristics and downstream drug use among opioid naïve and prior opioid users with low back pain.
Student Authors: **Lindsay DiMarco**, **Ben Ramger**, Greg Howell, Ali Serrani, Dan Rhon, Debbie Givens.
Faculty mentor: **Dr. Chad Cook**



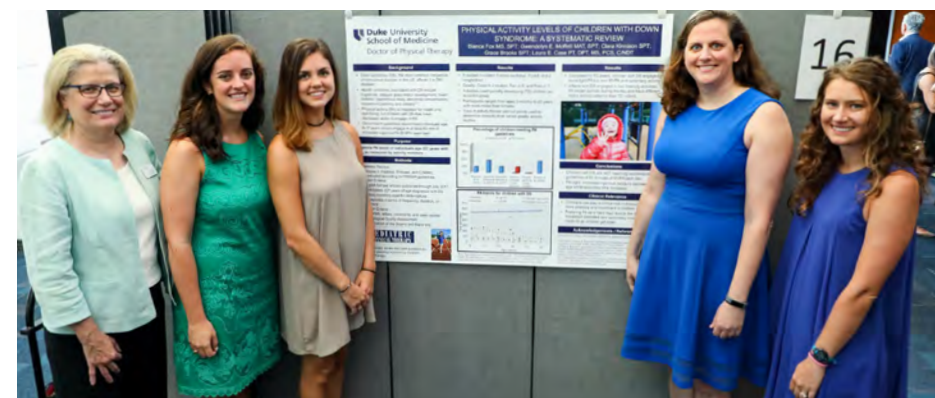
Presented (posters) at NCPTA:



A systematic review and meta-analysis of the diagnostic accuracy of head shaking induced nystagmus and vibration induced nystagmus in the diagnosis of unilateral vestibular hypofunction.
Student Authors: **Lindsay DiMarco**, **Brian Weisbrod**, **Stephanie Igo**, **Rebecca Arndt**. Faculty Mentor: **Dr. Rick Clendaniel**



Impact of short-term intensive rehabilitation on outcomes in persons post stroke with limited therapy access. Student Authors: **Joeline Kane**, **Marlena Allen**, **Erin Carroll**, **Christine Dang**, **Gwen Moffett**, **Ben Ramger**, **Hannah-Rose Tucker**. Faculty Mentor: **Dr. Jody Feld**



Pediatric Physical Therapy: Physical activity levels of children with Down syndrome: A systematic review (Capstone).
Student Authors: **Bianca Fox**, **Gwendolyn Moffett**, **Clara Kinnison**, **Grace Brooks**.
Faculty mentor: **Dr. Laura Case**

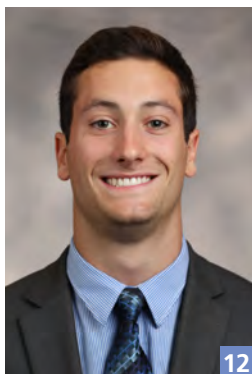
Congratulations to all on your accomplishments and for making Duke DPT proud!

Class of 2020

Special Interest Group and Club Leaders

- 1 Aline Swiec
- 2 Cassidy Teager
- 3 Yusra Iftikhar
- 4 Zachary Conley
- 5 Morgan Mummey
- 6 Carolyn Stoddard
- 7 Kerri Lembo
- 8 Rebecca Siegler
- 9 Katharine Majewski
- 10 Daniel Quintin
- 11 Caroline Penland
- 12 Nicholas LeBlond
- 13 Melissa Minniti
- 14 Aakriti Agrawal
- 15 Kara Keegan
- 16 Iman Banerji
- 17 Jada Boyd
- 18 Logan Couce
- 19 Madison Hayes
- 20 Cassidy Holland
- 21 Aubrey Caraballo
- 22 Min Hu
- 23 Caroline Kruse
- 24 Jessica Mah
- 25 Andy Seraphin
- 26 Lisa Henning
- 27 Amanda Murphy
- 28 Mitch Lane





Acute Care

Aline Swiec
Cassidy Teager

Education

Yusra Iftikhar
Zachary Conley

Federal

Morgan Mummey
Carolyn Stoddard

Health Policy & Administration

Kerri Lembo
Rebecca Siegler

Neurology

Katharine Majewski
Daniel Quintin

Pediatrics

Kerri Lembo
Caroline Penland

Sports

Nicholas LeBlond
Melissa Minniti

Women's Health

Aakriti Agrawal
Kara Keegan

Diversity

Iman Banerji
Jada Boyd
Yusra Iftikhar

Global Health

Logan Couce
Madison Hayes

Humanities

Cassidy Holland
Yusra Iftikhar

Manual Therapy

Aubrey Caraballo
Min Hu

Mental Wellness

Yusra Iftikhar
Caroline Kruse

Rehab2Performance

Logan Couce
Jessica Mah
Andy Seraphin

DPT United

Lisa Henning
Amanda Murphy

Persistent Pain

Mitch Lane

APTA Core Ambassador Rebecca Siegler '20

Engage. Connect. Celebrate.



*As an alumnus,
you are a valuable
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.

Grow your Professional Network

Join our LinkedIn Group to share jobs, discuss trending topics, and connect with alumni and current DPT students to expand your professional network.



Join Our **LinkedIn Group**

Get the latest DPT News

Receive daily news updates from the DPT community through Twitter and Facebook, and get snapshots of exciting events on Instagram.



Like Us on **Facebook** Follow Us on **Twitter @Duke_DPT** **Instagram**

How Can We Better Serve You?

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	April 1–6, 2019	Duke DPT Division and the APTA	To register visit: https://events.duke.edu/vr-2019

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

Please consider making a gift to the Duke Doctor of Physical Therapy division at:

<https://www.gifts.duke.edu/dpt>