



Doctor of Physical Therapy

Duke in touch

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

WINTER 2022

THIS ISSUE

FROM PROGRAM DIRECTOR ..	2
PROGRAM NEWS	3
FACULTY & STAFF	7
PUBLICATIONS	11
ALUMNI	16
STUDENTS	18



W. TODD CADE, PT, PHD

Division Chief for the Duke University
Doctor of Physical Therapy Program

W. Todd Cade



RENEWAL

As you are reading this, you might be wondering that this might be a strange time to be talking about renewal. It is likely cold outside, the trees have lost their leaves, and life is mostly dormant in the ground. But as we await spring where nature renews itself and bursts forth with new life, here in DPT we are also starting to talk about renewal.

According to Merriam-Webster, renewal is the process of making like new; to restore to freshness, vigor, or perfection; to begin again. John W. Gardner describes renewal this way: "Renewal is not just innovation and change. It is also the process of bringing the results of change into line with our purposes." Every five years or so, the Division renews its strategic plan and creates a new "roadmap" on where we as a faculty, staff and student body want to go in the near and distant future. This process requires a lot of planning, thought and input from multiple stakeholders but also requires vision and risk. Deborah Day puts it like this "Renewal requires opening yourself up to new ways of thinking and feeling." It is true that our values of collaboration, community,



diversity and inclusion, excellence, expertise, health and well-being, innovation, and professionalism might not change. However, we as a program must not only adapt to the ever changing health care and social environment but be the leaders of change. That is what I think distinguishes us from other physical therapy programs; *Duke DPT is a leader of change.*

As we embark on the process of strategic planning in the upcoming year, we want to hear from our alumni on what things we as a division can do better to serve the physical therapy community. If the sudden onset and lingering nature of the COVID-19 pandemic has shown us anything, it is that we need to be ready for change. Over the past 2 years, we have mostly been reactive in responding to the sometimes daily changes in our educational delivery but I believe it is now time to look forward and be proactive in the change we want. And in this looking forward, we need to come together as one Duke DPT family. As Helen Keller once said "Alone we can do so little; together we can do so much". Let's embark on the next five years (and beyond) together.

A FEW WORDS WITH **DR. BANKS ANDERSON**

Coordinator of Alumni Engagement **Dr. Rosie Canizares '07** recently connected with Durham resident Dr. Banks Anderson, Professor Emeritus of Ophthalmology who just celebrated his 90th birthday. Dr. Anderson wanted to share his story of when he was treated by Helen Kaiser as a child at Duke. During World War Two there was an urgent need to help soldiers recover from wounds suffered in combat. In 1943, Helen Kaiser, then a physical therapist at Mt. Sinai Hospital in Cleveland, came to Duke to establish a post-baccalaureate Physical Therapy certificate program in the Duke University School of Medicine.

RC: I was excited to find out that you had been a patient of Helen Kaiser's in the early Duke Hospital days. Tell me about the background to your therapy.

BA: It all began with the poliomyelitis pandemic at the end of WWII. The polio virus loves motor neuron cells. Respiratory deaths occurred not because of pneumonia but because of paralysis of the respiratory musculature. Affected children and adults were put in pressurized tanks sealed at the neck called Iron Lungs. The oscillating air pressure inside pumped air in and out of the lungs. Often the respiratory muscle function failed to improve and life in these iron large coffins could go on for years, even decades. But respiratory muscles were not the only ones that could be paralyzed. President Franklin D. Roosevelt's lower extremities were paralyzed by the disease when he was a young man. He could push and prop himself up at a podium to speak but basically was wheelchair bound. I contracted the disease while in junior high school in Durham. I lost some pectoralis major and latissimus dorsi function in an asymmetric pattern.

RC: How did you meet Helen Kaiser?

BA: I spent two weeks in a total isolation room on Howland Ward at Duke, during which I was tortured with autoclaved wet warm scratchy woolen surplus smelly army blankets applied to chest and back. This was claimed by Sister Kenny, an Australian RN, to reduce paralysis. Every four hours or so day and night (I think) the compresses were changed as the heat was said to be beneficial. Stressing muscles was also thought to be related to paralysis and I was forbidden to get out of bed. I was sent home to my bed on a stretcher and cautioned not to stand. After the quarantine ended and the large orange NO ENTRY poster nailed to our front door removed, arrangements were made to transport me by stretcher to the Duke Physical Therapy clinic. There I met for the first time the Caesar of this basement fiefdom, Helen Kaiser.

RC: What treatment did you receive there and how was it done?

BA: Thankfully Miss Kaiser was not a believer in total muscle rest. President Roosevelt went to Warm Springs, Georgia every year for pool workouts where he would stand and move without assistance. Miss Kaiser had a pool in the basement about 8 x 6 feet and at least 4 feet deep, perhaps more. Over the pool was a chain hoist of the type that lifts engines out of cars. It was attached to a galvanized stretcher onto which I was transferred. I was lowered into the pool in my swim trunks where a therapist waited (probably one of her students). I don't remember the temperature of the water but it wasn't cold. It was so great to be allowed to move any way that I wanted without being yelled at. I don't really remember any exercise details – just the freedom. These biweekly visits were the only times that I was on my feet that year. A retired Duke Classics professor visited my bed at home. His tutoring allowed me to avoid losing a school year.

RC: Did Helen Kaiser ever work with you?

BA: Yes. She was concerned that the unequal pull of my trunk muscles would distort my spine. I remember actually standing on dry land facing a wall in front of several students. With water soluble ink she put a dot over each spinous process from C 4 or so to L 4 to demonstrate and quantitate my scoliosis. The scoliosis stabilized. I lettered in varsity lacrosse at Princeton. I do like to blame scoliosis for taking away an inch or two of height that I could certainly have used in backyard basketball games with my taller and younger brother.

RC: Do you think Duke physical therapy was beneficial?

BA: Of all the restrictions and treatments I had during my bout with paralytic polio, the only one that I think helped was PT. The Sister Kenny hot packs were useless. My restriction to bed rest could have been harmful were it not for Helen Kaiser. The benefit of my PT visits was probably as much mental as physical. During my therapy I learned that Kaiser was Caesar. Her word was law and I was a beneficiary.



Tassy Rufai '12, Banks Anderson, and Dr. Rosie Canizares '07

Dr. Carol Casper Figuers '81 Retires



Congratulations to **Dr. Carol Casper Figuers '81** on her retirement and being awarded faculty emeritus status (as of January 1, 2022) by the Duke University Board of Trustees. Dr. Figuers' 30+ year contributions to not only Duke DPT but the University and profession of physical therapy at large are tremendous. We are grateful for her service, positive attitude, warm heart, and love for her students.

"Everyone at Duke is truly going to miss Dr. Figuers. [she] had a way of connecting with all of us and making us feel at home. [Her] love for the profession was so

inspiring, and [her] kindness, empathy, and compassion was so greatly appreciated. She served as my mentor and was such an integral part of my growth as a clinician, a leader, but most importantly, a person. [She] was always there for me when I needed someone to talk to and always gave me the best advice on how to handle the most difficult situations. I knew that whenever I came into [her] office or called during non-school hours, I would leave our conversation feeling better, feeling like I knew how to make a difference. She has helped shape me into the person that I am today, and I am forever grateful." – **Natalie McNerney '21**



"Happy Retirement, Dr. Figuers! Thank you so much for all you have contributed to my career as a PT. From sitting in your classroom as a student to standing in your classroom as a guest instructor for over a decade, you have been a constant influence in my professional life. Thank you for believing in me and valuing my perspective and experience as a Pilates-based PT enough to want me to share it with your students for so many years. Teaching in your classroom helped me to grow as a presenter and gain confidence in myself as a business owner and mentor. Thank you for supporting me through many stages of life and even babysitting my kids during some of my lectures! I have valued your knowledge, kindness, support and experience and will miss seeing you at Duke!! I wish you only the best as you enter the next chapter of your life. Thank you so much and CONGRATS!!" – **Mischa Abshire Decker '04**



"Congratulations and thank you for all of your wonderful contributions! So many wonderful memories of all that you have done for so many!" – **Dr. Laura Case**

"Hurrah, Carol! Most well-deserved honor to compliment your legacy of commitment and accomplishments!"

– **Dr. Amy Pastva**

"Carol, I have learned so much from you and have many wonderful memories of my time as a resident, but perhaps my favorite is our CDHD small group full of Figuers' Folk. You showed me how to create a warm environment that facilitated conversation through food and working off script, following the mood of the group. I'll always be grateful for our discussions of pedagogy, nachos, and Chex Mix. I wish you all the best in retirement. You'll be missed!"

– Dr. Kelly Reynolds

"Congratulations, Dr Figuers! Thank you for your wealth of knowledge, expertise, passion and laughs through the years...You will be missed. Hope your retirement is filled with joy and happiness!"

Karen Mandrachia Piacente '14



"Many of my patients ask me how I got into the interesting and specialized niche of pelvic floor physical therapy. I always tell them that while I was a student at Duke, I was blessed to know a faculty member with a passion in the field who initially sparked my interest. Thank you for your continuous offering of learning opportunities, community connections, and support in my desire to become a pelvic floor physical therapist. You have influenced my practice in many ways, and for that I am so thankful. Your Duke family will miss you dearly!"

– Jenny Trahan '19



Note from Carol: *"It has been an absolute honor and joy to work with the students, faculty and staff in the Duke PT education program. We have laughed, cried, learned and grown together and I have loved being part of this family. Please stay in touch (carol.figuers@duke.edu) – I love to hear from you!"*



DR. COOK



DR. CLEWLEY

Center of Excellence in Manual and Manipulative Therapy Established

The Doctor of Physical Therapy Division, the Department of Orthopaedics, and the School of Medicine have approved the creation of a Center of Excellence in Manual and Manipulative Therapy. The Center will focus on the dissemination of evidence associated with manual therapies through “living” systematic reviews, a repository of study summaries, an active social media presence, a monthly blog, and patient-facing materials on its website. The Center has received a \$250,000 donation from the Paris Family Foundation to cover the costs of the Center for five years. **Dr. Chad Cook** will be the Director of the Center of Excellence and **Dr. Derek Clewley** will serve as Associate Director. Both Dr. Cook and Clewley are active leaders and fellows in the American Academy of Orthopaedic Manual Physical Therapists. Their goals will be to collaborate with the Duke DPT fellowship program and outside manual therapy thought leaders to disseminate correct and meaningful information to clinicians and patients.

Congratulations to our American Physical Therapy Association Centennial Scholars!

- Dr. Tiffany Adams
APTA North Carolina
- Deidra Debnam, Summer Discovery Program mentor
American Academy of Sports Physical Therapy
- Alex Hill, Summer Discovery Program mentor
APTA Oncology
- Yusra Iftikhar '20
Academy of Orthopaedic Physical Therapy
- Mitch Lane '20
APTA Board of Directors
- Dr. Ashley Poole
Academy of Cardiovascular and Pulmonary
Physical Therapy
- Katie Scaff '19
APTA Council of Catherine Worthingham Fellows

[Click here to read more.](#)



TOP TO BOTTOM: On October 6, members of our DEI Committee discussed the profession of physical therapy with the Durham Boys and Girls Club, an outreach event initiated by 3rd-yr Lauren Alexander.

Our Diversity Club volunteered at several COVID vaccine clinics this fall.

We are extremely pleased to offer a space for our IPE community that provides the opportunity for prayer, reflection and meditation. This space is designed to support all religious and nonreligious identities, to foster a sense of belonging and to support a sense of inclusion so our community members feel they can bring their whole selves to work or school.

faculty news



DR. ADAMS

Our new Director of Diversity, Equity, and Inclusion **Dr. Tiffany Adams** presented "Transforming Society Through Equitable and Inclusive PT Practice" on September 2 for APTA North Carolina. She was also selected to participate in the 2022 ADVANCE-UP program for Academic Development, Advocacy, Networking, Coaching, and Education for Underrepresented Populations at Duke. The 2022 cohort consists of 11 Faculty from 8 departments across the School of Medicine.

Dr. Rosie Canizares '07, who was elected as the next APTA North Carolina Director of Communications, received a Forever Duke Award. In the nomination, she was described as generous and encouraging. "Rosie continuously donates her time and attention to support her fellow alumni and the Duke campus. She connects with current students to offer career advice, helps shape the next class of alumni interviewers, and gives guidance to other alumni in order to support their growth. Rosie shines especially bright in her steadfast willingness to mentor alumni, assisting them by reviewing application materials, sharing open positions, and serving as a reference." This is the second time she has received this award—the first time being in 2012 when she was honored for planning the first-ever Duke cheerleading reunion.



DR. CANIZARES '07

During Pain Awareness Month in September 2021, **Dr. Chad Cook** was recognized as an Expertscape **World Expert in Back Pain**. At the 2021 American Academy of Orthopaedic Manual Physical Therapists in Cleveland, Ohio, he was presented the 2021 John McMillan Menell Service Award that honors an individual who has made an exceptional contribution to the advancement of orthopedic manual physical therapy in the management of musculoskeletal disorders.

Dr. Derek Clewley was elected as a Delegate in the APTA North Carolina elections.



DR. COVINGTON '04

Dr. Kyle Covington '04 was named a Distinguished Member of Duke AHEAD. The Duke AHEAD Distinguished Member level recognizes Duke Health educators who have demonstrated consistent, sustained and on-going contributions to health professions education.

Dr. Jamie Greco was elected as the second alternate to the House of Delegates for APTA North Carolina.

Dr. Jeff Hoder has been named our new Director of Student Affairs.



DR. HODER

With her colleagues in the Duke Health Interprofessional Education and Care Center, **Dr. Amy Pastva** presented "Interprofessional Education for New Health Professions Students: From Primer Pilot to Innovative Foundational Curriculum" at the Nexus Summit Virtual Conference 2021. She and Margie Molloy of the Duke University School of Nursing served on the Standards Committee of International Nursing Association for Clinical Simulation and Learning (INACSL). Together with interprofessional collaborators, they updated the Healthcare Simulation Standards of Best Practice™ Simulation-Enhanced Interprofessional Education. The update was presented at the INACSL Virtual Conference 2021. Additionally, with her Duke site Co-Lead, Robert J. Mentz, MD, and Clinical Research Coordinator, Kimberly Biever, she received the 2021 Heart Failure Collaboratory – Heart Failure Society of America Site-Based Research Network Award for Top Research Site of the Year for their successful work on the National Institute of Aging-funded trial, **REHAB-HF**, that demonstrated the benefits of a novel, transitional, tailored, progressive rehabilitation intervention for patients with acute decompensated heart failure. The goal of the HFC-HFSA Award is to identify and promote the work of those who are outstanding participants in HF clinical trials.

Dr. Ashley Poole was elected as a Delegate in the APTA North Carolina elections



DR. WADDELL



DR. SUTKOWI-HEMSTREET

Welcome to our new Faculty Development Residents

Dr. Colette Waddell and Dr. Allyson Sutkowi-Hemstreet '14

Congratulations to our New Core Faculty!



Dr. Kelly Reynolds received her BS in Education from the University of Virginia, her DPT from Virginia Commonwealth University and is currently enrolled in a PhD program (Health Sciences) at Rocky Mountain University. Having recently completed the Faculty Development Residency at Duke DPT, she is currently an Associated faculty in the Division. In her new Core faculty role, Dr. Reynolds will course direct PT 642 Older Adult and PT 742 Neuroplasticity & Skill Acquisition APC, and contribute to teaching/laboratory activities in Foundational Neurological Practice (PT 646), Structure and Function of the Human Body (PT 632), and the Durham Stroke Camp APC (PT 740).



Dr. Gary Johnson received his BS in Athletic Training from North Carolina Central University and DPT from the University of North Carolina at Chapel Hill. Johnson is currently Associated faculty in DPT contributing to teaching/laboratory activities in Foundational Musculoskeletal Practice (PT 645), Adaptive Technologies (PT 644), CDHD (PT 650) and Introduction to Patient Exam (PT 634). In his new Core faculty role, Dr. Johnson will course direct the Pediatric Sports Advanced Practice Course (PT 745), contribute to teaching/laboratory activities in Foundational Musculoskeletal Practice (PT 645) and CDHD (PT 750), and provide clinical care and supervision of DPT students one night per week in the Interprofessional Education (IPE) Clinic in the Duke University Hospital Emergency Department and two half-days per week at Lincoln Community Health Center.

research grants

DPT Faculty continue to pull in major research grants.



DR. GOODE



DR. GRECO

DUKE DPT INVESTIGATOR

GRANTOR

STUDY

Dr. Adam Goode '05,
Multi-PI

National Institutes of Health / NCCIH, NIAMS, NICHD

The goal of **IMPACT-LBP CCC** is to refine and implement a multidisciplinary collaborative care model for LBP (MC2LBP) in 3 academic Health Care Systems (HCS) and then evaluate its effectiveness by comparing it to usual medical care in patients age 18 and older suffering from LBP.

Dr. Adam Goode '05,
Multi-PI

National Institutes of Health / NIAMS

Biomechanical and Biological Predictors of Cartilage Health Following Meniscus Injury will be a comprehensive evaluation of the biomechanical and biological environment of the joint before and after partial meniscectomy will elucidate the factors that contribute to early onset OA.

Dr. Jamie L. Greco, PI

APTA Academy of Education

Relationships in Doctor of Physical Therapy Clinical Education: Voices of the Key Stakeholders The goal of this study is to provide the foundational research which will answer the national call to develop and adopt successful models for clinical and academic partnerships in DPT education. Specific aims include: 1. To discover how academic institution/clinical site relationships in DPT clinical education are described by the different stakeholders 2. To determine what institutional and/or personal factors facilitate equitable and successful relationships in DPT clinical education 3. To uncover the institutional and/or personal factors that may hinder equitable and successful relationships in DPT clinical education.

Dr. Ashley Poole Co-PI

Claude D. Pepper Older Americans Independence Center (OAIC)

Survive or Thrive? A Study of Post-Operative Resiliency in Patients with Advanced Heart Failure (THRIVE-HF) The objectives of this study are to determine the feasibility of and describe changes in results of a comprehensive assessment for resiliency as well as to describe normative values in patients with advanced heart failure undergoing either heart transplant or surgically placed left ventricular device from pre-surgery to post-surgery. It will be important to distinguish patients who may improve from interventions such as multidomain rehabilitation, diet and nutritional support, cognitive and psychosocial support prior to surgery.



DR. POOLE



DR. PASTVA

**DUKE DPT
INVESTIGATOR****GRANTOR****STUDY****Dr. Amy M.
Pastva, Co-PI**Eunice Kennedy Shriver
National Institute of
Child Health & Human
Development

Access to and effectiveness of community-based rehabilitation after stroke Evidence suggests that early and more intense community-based rehabilitation delivered by physical therapists and occupational therapists promotes stroke recovery and decreases hospital readmissions, falls, and other adverse events. However, population-based studies are limited and lack strong measures of therapy need and other studies had either small, homogeneous samples or were highly controlled and not reflective of clinical practice. Using data from administrative claims and 11,000 diverse patients enrolled in the Comprehensive Post-Acute Stroke Services (COMPASS) Study, a large pragmatic trial of a comprehensive transitional stroke care model across the state of NC, this population-based study grant will fill gaps in our understanding of the use and effectiveness of community-based rehabilitation in the context of real-world care. It will also determine the effectiveness of the COMPASS transitional care model in improving access to/use of rehabilitation and outcomes of survivors. Findings from this grant will inform care delivery at the patient-, provider-, health system-, and policy-levels and may have a significant impact on the health of the nearly 800,000 persons per year who experience a stroke.

**Dr. Amy M.
Pastva, Co-PI**Eunice Kennedy Shriver
National Institute of
Child Health & Human
Development

Remotely Monitored, Mobile health-supported High Intensity Interval Training (REMM-HIIT) This multicenter (Duke, Vanderbilt, Univ Kentucky, Ohio State Univ), prospective, randomized controlled trial will determine whether the REMM-HIIT intervention improves outcomes in COVID-19 ICU survivors who frequently experience profound post-hospital impairments in physical function and quality of life, muscle wasting/weakness, and new cognitive deficits collectively known as post-intensive care syndrome (PICS). More specifically, COVID-19 ICU survivors discharged directly home from the hospital (N=140) will be randomized to test the hypothesis that REMM-HIIT, a remotely-monitored, individualized, structured and progressive multidomain physical rehabilitation intervention, in contrast to exercise education alone, will improve cardiorespiratory fitness and muscle strength/mass (Aim 1); improve physical function and quality of life (Aim 2); and improve markers of mitochondrial function and inflammation (Aim 3) measured at 3-months after discharge.

publications



DR. CASE

Gerard Brennan '75. *Physical Therapy & Rehabilitation Journal*. "Predicting Clinical Improvement for Patients with Low Back Pain: Keeping it Simple for Patients Seeking Physical Therapy Care"

Garrett Bullock '17. *Journal of Orthopaedic & Sports Physical Therapy*. "Clinical Prediction Models in Sports Medicine: A Guide for Clinicians and Researchers" 2021.10697

Dr. Todd Cade. *BMC Pregnancy & Childbirth*. "Elevated Lipid Oxidation Is Associated with Exceeding Gestational Weight Gain Recommendations and Increased Neonatal Anthropometrics: A Cross-Sectional Analysis"

Dr. Laura Case

- *Stem Cells Translational Medicine*. "Sibling Umbilical Cord Blood Infusion Is Safe in Young Children with Cerebral Palsy"
- *Molecular Genetics and Metabolism Reports*. "A Retrospective Longitudinal Study and Comprehensive Review of Adult Patients with Glycogen Storage Disease Type III"



GRACE DITZENBERGER '22

Cory Christiansen '96. *Physical Therapy & Rehabilitation Journal*. "Error-Manipulation Gait Training for Veterans With Nontraumatic Lower Limb Amputation: A Randomized Controlled Trial Protocol"

Dr. Chad Cook, Lexie Wright '06, Yannick Tousignant-Laflamme. *Journal of Orthopaedic & Sports Physical Therapy*. "Five Recommendations to Address the Limitations of Patient-Reported Outcomes Measures"



DR. CADE

Dr. Chad Cook, Zachary Rethorn, Ale Garcia. *Spine*. "Construct Validity and Item Response Theory Analysis of the PROMIS-29 v2.0 in Recipients of Lumbar Spine Surgery"

Dr. Chad Cook. *The Journal of Knee Surgery*. "Does Surgery for Cruciate Ligament and Meniscus Injury Increase the Risk of Comorbidities at 2 Years in the Military System?"

Shefali Mathur Christopher '08, Dr. Chad Cook. *Plos One*. "What Are the Biopsychosocial Risk Factors Associated with Pain in Postpartum Runners? Development of a Clinical Decision Tool"



DR. MYERS

Rebecca Craik '72. *Physical Therapy & Rehabilitation Journal*. "Using Treatment Fidelity Measures to Understand Walking Recovery: A Secondary Analysis From the Community Ambulation Project"

Matt DeLang '18, Paul Salamh '07. *Sports Medicine*. "The Effects of Ramadan Intermittent Fasting on Football Players and Implications for Domestic Football Leagues Over the Next Decade: A Systematic Review"

Matt DeLang '18. *Clinical Journal of Sport Medicine*. "Midseason Screening for Groin Pain, Severity, and Disability in 101 Elite American Youth Soccer Players: A Cross-Sectional Study"

Grace Ditzenberger '22, Dr. Todd Cade. *JMID Reports*. "Resistance Exercise Training with Protein Supplementation Improves Skeletal Muscle Strength and Improves Quality of Life in Late Adolescents and Young Adults with Barth Syndrome: A Pilot Study"

Pam Duncan, Dr. Amy Pastva

- *JAMA Cardiology*. "Economic Outcomes of Rehabilitation Therapy in Older Patients With Acute Heart Failure in the REHAB-HF Trial"
- *The New England Journal of Medicine*. "Physical Rehabilitation for Older Patients Hospitalized for Heart Failure"



DR. FAW '09



DR. FELD



DR. GEORGE



DR. PIETROSIMONE '10

Bridget Ripa Eubanks '13, Dr. Chad Cook, Dr. Katie Myers. *Journal of Clinical Education in Physical Therapy.* **"Student Mental Health and Clinical Education: Exploring the DCE Experience"**

Dr. Tim Faw '09. *Experimental Neurology.* **"Eccentric Rehabilitation Induces White Matter Plasticity and Sensorimotor Recovery in Chronic Spinal Cord Injury"**

Dr. Jody Feld, Bridget Ripa Eubanks '13, Kayla Holz Black '14, Dr. Kyle Covington '04. *Journal of Allied Health.* **"Doctor of Physical Therapy Student Perceptions of Domestic Versus International Service-Learning Experiences: A Mixed-Methods Approach"**

Dr. Jody Feld. *Journal of the American Geriatrics Society.* **"A Template for Physical Resilience Research in Older Adults: Methods of the PRIME-KNEE Study"**

Ale Garcia, Dr. Corey Simon, Dr. Chad Cook. *Health and Social Care.* **"Classification of Older Adults Who Underwent Lumbar-Related Surgery Using Pre-Operative Biopsychosocial Predictors and Relationships with Surgical Recovery: An Observational Study Conducted in the United States"**

Dr. Steve George, Dr. Maggie Horn. *The Journal of Pain.* **"Chronic Pain Prevalence and Factors Associated With High Impact Chronic Pain following Total Joint Arthroplasty: AN Observational Study"**

Dr. Steve George, Trevor Lentz, Katherine Norman, Sean Rundell '05, Mike Schmidt '12. *Journal of Orthopaedic & Sports Physical Therapy.* **"Interventions for the Management of Acute and Chronic Low Back Pain: Revision 2021"**

Dr. Adam Goode '05. *Physiotherapy Research International.* **"Dizziness and Physical Health are Associated with Pain in Dizzy Patients- A Cross-Sectional Study"**

Dr. Maggie Horn, Dr. Steve George. *British Medical Journal Open.* **"Use of Patient-Reported Outcomes Measurement Information System (PROMIS) Measures to Characterise Health Status for Patients Seeking Care from an Orthopaedic Provider: A Retrospective Cohort Study"**

Trevor Lentz, Dr. Chad Cook, Dr. Steve George. *Journal of Shoulder and Elbow Surgery.* **"Heterogeneity of Pain-Related Psychological Distress in Patients Seeking Care for Shoulder Pathology"**

Dr. Steve George

- *Academic Emergency Medicine.* **"Moving Toward Patient-Centered Care in the Emergency Department: Patient-reported Expectations, Definitions of Success, and Importance of Improvement in Pain-Related Outcomes"**
- *British Journal of Sports Medicine.* **"Infographic. Pain or Injury? Why Differentiation Matters in Exercise and Sports Medicine"**
- *Journal of Orthopaedic & Sports Physical Therapy.* **"Interventions for the Management of Acute and Chronic Low Back Pain: Revision 2021"**
- *Military Medicine.* **"Optimizing the Impact of Pragmatic Clinical Trials for Veteran and Military Populations: Lessons From the Pain Management Collaboratory."**
- *Substance Abuse Treatment, Prevention, and Policy.* **"Opioid Legislation and Narcotic Filling in Total Hip Arthroplasty: Descriptive Study of Time and State-level Trends in the United States"**

Jack Magill, Heather Myers, Trevor Lentz, Dr. Laura Stanley Pietrosimone '10, Mike Messer. *The Orthopaedic Journal of Sports Medicine.* **"Establishing Age- and Sex-Specific Norms for Pediatric Return-to-Sports Physical Performance Testing"**



RACHEL MEYERS '21

Rachel Meyers '21. *Sports Medicine*. **"Primary Periphyseal Stress Injuries in Young Athletes: A Systematic Review"**



CAROLINE BAZEMORE '21

Heather Myers, Dr. Steve George, June Kennedy, Ashley Lake, Corina Martinez '06, Dr. Chad Cook. *BMC Musculoskeletal Disorders*. **"The Influence of a Cognitive Behavioural Approach on Changing Patient Expectations for Conservative Care in Shoulder Pain Treatment: A Protocol for a Pragmatic Randomized Controlled Trial"**

Dr. Katie Myers. *Journal of Clinical Education in Physical Therapy*. **"Perspective for Change: Establishing the Need for Clinical Instructor Competencies in Physical Therapist Education"**

Dr. Amy Pastva

- *The American Journal of Medicine*. **"Physical Rehabilitation in Older Patients Hospitalized with Acute Heart Failure and Diabetes: Insights from REHAB-HF"**
- *Clinical Simulation in Nursing*. **"Healthcare Simulation Standards of Best Practice™ Simulation-Enhanced Interprofessional Education"**
- *Journal of the American Heart Association*. **"Is Discordance Between Recommended and Actual Postacute Discharge Setting a Risk Factor for Readmission in Patients With Congestive Heart Failure?"**



CANNON HANEBUTH '21

Dr. Laura Stanley Pietrosimone '10. *Orthopedic Journal of Sports Medicine*. **"Association of Jump-Landing Biomechanics With Tibiofemoral Articular Cartilage Composition 12 Months After ACL Reconstruction"**

Dr. Kelly Reynolds, Caroline Bazemore '21, Cannon Hanebuth '21, Dr. Maggie Horn. *Journal of Educational Evaluation for Health Professions*. **"The Relationship of Non-Cognitive Factors to Academic and Clinical Performance in Graduate Rehabilitation Science Students in the United States: A Systematic Review"**



DR. HORN

Dr. Corey Simon, Dr. Steve George. *Physical Therapy & Rehabilitation Journal*. **"The Manual Therapy and Strengthening for the Hip (MASH) Trial: Protocol for a Multisite Randomized Trial of a Subgroup of Older Adults with Chronic Back and Hip Pain"**

Kim Sondles Scott '07. *Physical Therapy & Rehabilitation Journal*. **"Using the PODCI to Measure Motor Function and Parent Expectations in Children with Cerebral Palsy"**

Zachary Stearns, Marissa Carvalho '12, Trevor Lentz. *Journal of Orthopaedic & Sports Physical Therapy*. **"Screening for Yellow Flags in Orthopaedic Physical Therapy: A Clinical Framework"**



DR. SIMON

Frank Vickory '18. *Physical Therapy & Rehabilitation Journal*. **"Safety, Feasibility, and Outcomes of Frequent, Long-Duration Rehabilitation in an Inpatient Rehabilitation Facility After Prolonged Hospitalization for Severe COVID-19: An Observational Study"**

Lexie Wright '06, Eric Hegedus, Paul Salamh '07. *Physical Therapy in Sport*. **"Effectiveness of Shoulder Injury Prevention Programs in an Overhead Athletic Population: A Systematic Review"**

fall conference review



American Academy of Sports Physical Therapy Annual Meeting & Scientific Conference

SEPTEMBER 22-24, INDIANAPOLIS, INDIANA

Presentations

Chrissy Becks Mansfield '14, Hannah Jasurda '17: Let's Hear It For The Girls: Expert Case Studies In Supporting The Complex Youth Female Athlete

Dr. Derek Clewley, Rachel Meyers '21: Is it Wise to Specialize? The Impact Of Early Sport Specialization On Maturation, Injury Characteristics, And Bone Health In Youth Runners

Virtual

Matt DeLang '18, Dr Mike Reiman: Management Of The Athletic Hip/Groin: Navigating Uncertainty Utilizing Complex Case Presentations

Steve Higbie '16, Kaitlyn Schlueter '16, Chelsea Wolfe Ortega '15: Prevention Versus Performance: Are We Rehabilitating Athletes Away From Peak Performance?

Steve Higbie '16: Conquering The Quad Tendon: Strategies To Optimize Rehabilitation Following ACL Reconstruction With Quadriceps Tendon Autograft

Shefali Mathur Christopher '08: A PTs Experience With The Tokyo Summer Games

APTA North Carolina Annual Conference

OCTOBER 8-9, WINSTON-SALEM, NORTH CAROLINA

Educational Sessions

Dr. Kyle Covington '04: Discover Your Journey In APTA

Michelle Ramirez, Amanda Lemarier: Ankle Stability And Movement Coordination Impairments: Translating The APTA 2021 CPG Into Practice

Dr. Tiffany Adams: The Impact Of Social Determinants Of Health (SDOH) On Physical Therapy Practice In North Carolina

Dr. Mike Reiman, Deidra Debnam: Returning Your Athlete Back To Sport After ACL Reconstruction: An Opportunity For Shared Decision-Making

Dr. Ashley Poole, Eder Garavito: Balance Assessment In The Patient With Cardiovascular And Pulmonary Disease

Elizabeth Nixon, Mary Beth Osborne: It's Not Faking, It's Functional

Dr. Jody Feld, Robyn H. Wilson, Janna Pogers: Falls And Inactivity Post-Stroke

Dr. Steve George, Trevor A. Lentz: State Of Art For Musculoskeletal Disorders: Next Generation Measurement Of Psychosocial Influences And Chronic Pain

Dr. Beth Buzzell '14, Stephanie Palacios, Kyle Stapleton: Diagnostic Dilemma In MSK

Dr. Ashley Poole, Dr. Amy Pastva: Heart Failure Assessment

Tyler Cope, Zachary Stearns: Behavior Coaching In PT

Posters

Colleen Burke '18: Embedding A Pelvic Trained Physical Therapist In A VA Women's Health Clinic And Tracking Outcomes For Quality Improvement

Catelin Kass: Breast Cancer-Related Lymphedema Presenting With Concurrent Post-Mastectomy Pain Syndrome: A Case Study

Michelle Ramirez: Models Of Care Delivery And Effects On The Value Based Care Paradigm In Orthopaedic Physical Therapy

Dora Gosselin '05: Unpredictable Change of Direction: Is There A Relationship Between Turn Biomechanics And Visual Reaction Speed?

Jeff Taylor '05

- Incorporating Soccer-Specific Demands Into Anterior-cruciate Ligament Reconstruction Rehabilitation
- The Relationship Between Lower Extremity Kinematics During A drop Vertical Jump And Unanticipated Backpedal
- Sport-Specific Plyometric Progression With Wearable Technology After Anterior Cruciate Ligament Reconstruction: A Case Report
- Single-Limb Landing Elicits Significant Force Asymmetries: Implications For Injury Prevention And Rehabilitation

fall conference review



2021 American Academy of Orthopaedic Manual Physical Therapists Annual Conference

OCTOBER 8-10, CLEVELAND, OHIO

Nick LeBlond '20, poster: Utilizing Posterior Pelvic Tilt During Physical Examination To Guide Treatment Decision Making For A Patient Diagnosed With Femoroacetabular Impingement: A Case Study

Moyo Aremu-Cole Tillery '11: OMPT Straight Talk: Conversations About Race For Improved Healthcare

Dr. Chad Cook: Crucial Conversations- What Is In A Name?

Lexie Wright '06: What Does "History" Have To Do With It: Diagnosing LB And Hip Conditions

Educational Leadership Conference 2021

OCTOBER 22-24, ATLANTA GEORGIA

Educational Sessions

Holly Haizlip Wise '77: Developing Effective Leaders Through Physical Therapist Education: Engaging Habits Of The Head And Heart

Dr. Kyle Covington '04, Dr. Tiffany Hilton, Mitch Lane '20, Bridget Ripa Eubanks '13: Cultivating A Heart To Lead: A Trajectory Of Professional Advocacy Through Mentored Curricular Experiences In Governance And Leadership

Elizabeth Mostrom '78: Exploring Connections Between Habits Of Heart And Health: Re-imagining Physical Therapy Education

Jeff Taylor '05, Angela Spontelli Gisselman '11, Dora Gosselin '05: Pre-matriculation Predictors Of Academic And Professional Success In Doctor Of Physical Students

Dr. Ashley Poole, Dr. Kyle Covington '04: An Exploration Of Doctor Of Physical Therapy Students' Belongingness In Clinical Education

Dr. Katie Myers: Core Competencies For Clinical Educators: Discussion, Debate, And Furthering The Pursuit Of Excellence

Platforms

Sean Gallivan '94: Systematic Review Of Psychometric Properties Of Clinical Instructor Performance Assessment Instruments In Healthcare Professional Education

Dr. Jamie Greco: Clinical Site Visits: Exploring The Perspectives Of The Director Of Clinical Education

Dr. Kelly Reynolds, Dr. Maggie Horn: Predicting Performance In Gross Anatomy In Doctor Of Physical Therapy Students

Posters

Jeff Taylor '05, Dora Gosselin '05: The Role Of Authenticity For Physical Therapy Education

Melissa Hildebrand Scales '08:

- "Two-Way Street": A Qualitative Case Study On Enhancing Communication Skills Between A Clinical Instructor (CO) And A Student Physical Therapist
- iRAT/tRAT: How Assessment And Collaboration Improve Learning In Physical Therapy Education

2021 Private Practice Section Annual Conference and Exhibition

NOVEMBER 10-13, DALLAS, TEXAS

Robbie Beasley Leonard '88: Evaluating And Improving Your Revune Cycle: Things You MUST Know

Mike Osler '03: The Art And Science of Growing Your Practice



alumni news

We were excited to welcome back the Duke **DPT Class of 2020** to for an in-person celebration of their graduation in September.



LAURA HENDERSON BOOSE '15

Duke Physical Therapy Alumni Association President

Laura Boose PT, DPT

Message from Alumni Association President

Happy New Year! We are excited to welcome the first Occupational Therapy Doctorate students to Duke and are pleased to share our facilities with them. Having this program as a new option will provide increased opportunity for collaboration and we can't wait to see what these students bring to the OT field.

Congratulations to all the Duke alumni, students and faculty members that attended the APTA North Carolina Annual Meeting. It is great to see involvement from so many Duke graduates and students as well as learning about the groundbreaking research in our field.

The APTA Combined Sections Meeting is rapidly approaching and we look forward to seeing everyone in San Antonio. We are excited about the return of the in person conference and will welcome all Duke Alumni to our **reception** on February 3rd to recognize our Duke Alumni Award winners, and to network with fellow Alumni across the country.

Lastly, we want to thank Dr. Carol Figuers for her dedication and hard work over the years as a Duke DPT Faculty member. I know I personally learned so much from Dr. Figuers and always looked forward to her positive attitude and uplifting lectures. Duke DPT will not be the same without her and we wish her the best in her retirement.

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

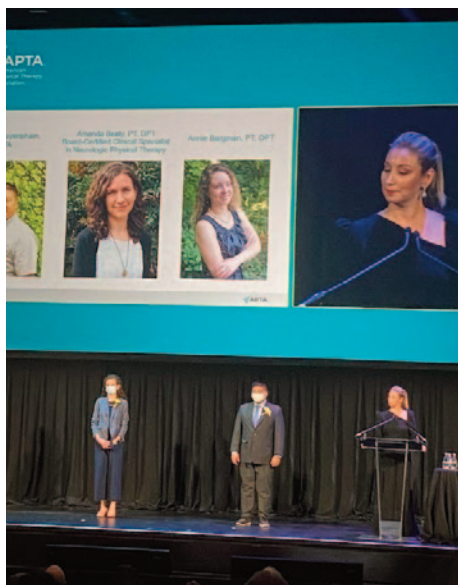
Forever Duke!

In November, **Amy Arundale '11** spoke at the IOC World Conference on Prevention of Injury & Illness in Sport in Monaco.

Jenny Peterson Bagwell '06 is the new new Associate Editor of the **Journal of Women's Health Physical Therapy**.

On October 11, **Moyo Aremu-Cole Tillery '12** was on PT Pintcast's **"How To Increase Diversity in the Physical Therapy Profession"** episode and on October 14, she spoke about **"How Do I Maintain Resilience as a Physical Therapy Clinical Student during COVID-19 and Beyond?"** hosted by APTA Connecticut.

President-Elect of the APTA Academy of Pelvic Health Physical Therapy, **Heather Jeffcoat '02** has recently been



The APTA North Carolina Emerging Leader Award winner was **Amanda Beaty '18**.



Jessica Jacobsen Tidswell '02 was named as an Athletic Trainer of the Year in a collegiate setting by the Utah Athletic Trainers' Association.



featured in Washington Post, BuzzFeed, SHAPE, Mindbodygreen, Well + Good, Scary Mommy, Healthline, and many others.

David Rowland '20 was awarded a pre-doc fellowship by the American Heart Association. This award will provide advanced training so he can work to improve mobility for people with stroke.

Erik Carvalho '11, left, was elected as a Delegate in the APTA NC elections.

Thank you

TO OUR ALUMNI DONORS!

Gifts received July 1, 2021 – November 30, 2021

Robert J. Bahr '75	Lisa Bollheimer Minn '98
Lisa Banco '89	Lisa Marie Moellering '95
Rosie Canizares '07	William J. O'Brien III '69
Marcella V. Chancey '61	Blair Packard '76
Sharon Geer Coplai '84	Elizabeth Richardson '11
Tawnie Kei Crowe '11	Anita Rinehart '11
Jacqueline Del Giorno Davenport '11	Jennifer Riven '03
Martha L. Ellsworth '70	Sylvia Sabia '74
Gabrielle Gordon '08	Antonia Tartaglia Schantz '60
Colleen Kennedy Greene '04	Lorraine Shelton-Gaines '78
Kristin Huppi '08	Melissa Simon '89
Lauren Johnston '17	Barbara Day Taylor
Mike Majsak '81	Anne Weekley Thompson '79
Kevin George Mark '81	Leigh Welsh '09
Lei F. Mark '82	David Williams '11
Andrea Martin '11	Shahnaz Kintz Williams '12
Colleen Meurer McAllister '91	

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.



student news



JORDAN JAKLIC



COURTNEY DEATON



AMANDA HAYDEN



BROOKE LYMAN



LINDSAY HEFFRON



PIA SALCEDO

The 95 students of the **Duke DPT Class of 2024** matriculated at Duke in August, and they elected **Jordan Jaklic** as their class liaison.

Second-year **Jamell Joseph** was named a 2021 MS Rehabilitation Student Annual Meeting Scholar for the 2021 CMSC annual meeting being held on October 25 thru October 28, 2021, in Orlando, FL on behalf of the Foundation of the Consortium of Multiple Sclerosis Centers and a grant from Greenwich Bioscience.

Third-years **Amanda Hayden** and **Courtney Deaton** have completed the inaugural Creating Opportunities for Telehealth Education, Assessment, and Care through Hotspotting course. The CO-TEACH Curriculum is a series of virtual, interprofessional educational sessions on: 1) Basics of telehealth practice 2) Identifying and addressing barriers to telehealth access for patients with complex medical and social needs and 3) Interprofessional teamwork in telehealth.

Third-year **Brooke Lyman** won the 2021 Collegiate Club Women USA Cycling Cyclocross Nationals

The Duke Doctor of Physical Therapy Student Excellence Scholarship was created to assist students that demonstrate academic, clinical, scholarly, leadership, advocacy, and/or service excellence and have financial need during their time in the Duke DPT Program. Our 2020 recipients were:

Class of 2022

- Lindsay Heffron
- Lauren Alexander
- Grace Ditzenberger
- Mohammad Saad
- Pia Salcedo
- Lindsey Sumpman

Class of 2023

- Shawn Armstrong
- Morria Heilman
- Julianne Peters
- Maybelle Singson

APTA North Carolina Annual Conference

OCTOBER 8-9, WINSTON-SALEM, NORTH CAROLINA

Class of 2022 posters



Hunter Grace Anderson, Lauren Alexander, Gabe Witt, Gabby Simons, Greta Moyer, Dr. Derek Clewley: Student Physical Therapist Telehealth Assessment And Management of Practice Of Multifaceted Lower Extremity Pain



Kelly Boyle, Emma Connell, Katie Arbogast, Aanand Patel, Josh Allen, Dr. Derek Clewley: A Student, Team Based, Telehealth Approach To Adult Musculoskeletal Care: A Case Study



Kevin Outwater, Layne Compton, Erin McClanahan, Jack Magill: Telehealth Management Of Bilateral PFPS With Joint Hypermobility In An Adolescent: A Case Report



LAUREN ALEXANDER



MOHAMMAD SAAD



LINDSEY SUMPTER



MORRIA HEILMAN



KELLY O'SHAUGHNESSY



JULIE HANSON

Third-year **Lauren Alexander** was a co-author of the poster "Interprofessional Social Events in the Era of COVID-19: The Impact of a Virtual Trivia Night on Incoming & Current Students" presented as part of the online NEXUS Summit 2021.

Second-year **Shawn Armstrong** was accepted into the Future Clinician Leader's College Class of 2022! The FCLC, sponsored by the NC Medical Society and NC Area Health Education Center, is a one-year interprofessional leadership development program for emerging leaders in health care professional training within the state of North Carolina. This program is distinguished by an emphasis on leading in an interprofessional healthcare environment and networking across institutions. The interactive learning format invites participants to actively engage with faculty, speakers and peers. Participants will further have the opportunity to interact with state leaders and utilize their leadership skills through an IPL (Interprofessional Learning) team project to tackle major health policy challenges facing the state.

Congratulations to our students who are serving on the 2021-2022 APTA North Carolina Student SIG Board:

- Chair: 3rd-yr **Mohammad Saad**
- Vice-Chair: 2nd-yr **Lucas Saacks**
- Director of Student Involvement: 2nd-yr **Morria Heilman**
- Director of Communications: 3rd-yr **Kelly O'Shaughnessy**
- Director of Community Service: 3rd-yr **Julie Hanson**
- Core Ambassador: 3rd-yr **Courtney Deaton**

Class of 2023 Special Interest Group & Club Leaders



SHAWN ARMSTRONG



NIK BADOVINAC



ELLIE BRADACH



MELANIE CAINE



MEGHAN CARLISLE



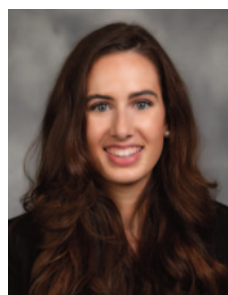
NICOLE CARUSO



AMANDA CLARKE



SARAH DOLINGER



BROOKE DREILING



ALEXIS FRANKS



RUCHA GOR



MELANIE GRADY



TRENT HAFFLER



JAMELL JOSEPH



NAOMI KLINGBEIL



ALEX LALLIER



ALI LONNER



JULIA LYNCH



MADISON MARQUART



GARRISON MAST



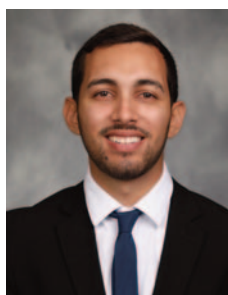
ANGELICA MCNAIR



HOLLI MORRISON



MARCELLE MORRISON



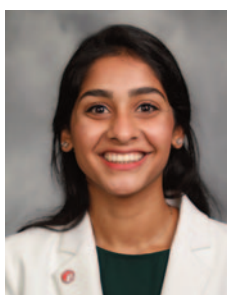
JONATHAN NUNEZ



CINDY PAN



NANDIT PATEL



SERENA PATEL



JULIANNE PETERS



HAYLEY PHILLIPS



NANCY RODRIGUEZ



CASEY ROY



GRACE RUSSO



LUCAS SAACKS



FRANNY SARIOEGO



CHARLOTTE SELTERS



MAYBELLE SINGSON



MEREDITH STUTZ



KAYLA THIELEN



MELISSA TRUJILLO



JESSICA WU

CLASS OF 2023

Special Interest Group Leaders

Acute Care

Grace Russo,
Maybelle Singson

Education

Shawn Armstrong,
Amanda Clarke

Federal

Ellie Bradach, Cindy Pan

Neurology

Nicole Caruso, Hayley
Phillips, Kayla Thielen

Oncology

Naomi Klingbeil, Charlotte
Selters, Meredith Stutz

Pediatrics

Sarah Dolinger,
Julianne Peters

Private Practice

Ali Lonner, Garrison Mast,
Jessica Wu

Sports

Shawn Armstrong,
Brooke Dreiling,
Nandit Patel,
Franny Sarioego

Women's Health

Ellie Bradach,
Meghan Carlisle

Club Leaders

Diversity

Alexis Franks, Melanie
Grady, Ali Lonner, Nancy
Rodriguez, Lucas Saacks,
Maybelle Singson

DPT Pride

Shawn Armstrong,
Melanie Grady, Casey Roy

Global Health

Trent Haffler, Julia Lynch

Languages and Cultures

Rucha Gor, Serena Patel,
Nancy Rodriguez,
Maybelle Singson

Manual Therapy

Nik Badovinac, Jamell
Joseph, Marcelle Morrison

Mental Wellness

Nicole Caruso, Alexis
Franks, Kayla Thielen

Performing Arts

Alexis Franks, Holli
Morrison, Charlotte Selters

Persistent Pain

Melanie Caine, Alex Lallier

Rehab 2 Performance

Melanie Caine, Brooke
Dreiling, Jonathan Nunez

Summer Discovery Program

Angelica McNair,
Melissa Trujillo

TROSA

Shawn Armstrong, Julianne
Peters, Madison Marquart



engage. connect. celebrate.

You are a valuable member of our community and we would like to hear from you.

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.
- Participate in **Ask A Blue Devil**, a smart tool that allows members of the Duke community to ask for help and to get it! With a community of more than 185,000 Ask A Blue Devil will connect you with the best Duke alum who can help you with advice and introductions.



Doctor of Physical Therapy

A Division of the Department of Orthopaedic Surgery

PHYSICAL ADDRESS

311 Trent Drive
Durham, NC 27710

MAILING ADDRESS

DUMC 104002
Durham, NC 27710

CONTACT INFORMATION

919.681.4380
DPTalumni@dm.duke.edu

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 at dptalumni@dm.duke.edu with your latest news and accomplishments.

W. Todd Cade, PT, PhD
Program Director & Division Chief

Tiffany Adams, PT, DPT, MBA
Director of Diversity, Equity, and Inclusion

J. Kyle Covington, PT, DPT, PhD
Director of Assessment and Program Evaluation

Jeffrey M. Hoder, PT, DPT
Director of Student Affairs

Tiffany Hilton, PT, PhD
Assistant Program Director/Director of Curriculum

John McCall
Vice Chief of Administration and Operations

Katie Myers, PT, DPT
Director of Clinical Education

Rosie Canizares, Editor
Holley Broughton, Communications Specialist
Leesa Brinkley, Design

