



Doctor of Physical Therapy
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

In Touch

UNIVERSITY OF WISCONSIN-MADISON DOCTOR OF PHYSICAL THERAPY PROGRAM
ALUMNI NEWSLETTER • FALL 2021

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A Message from the Program Director

Lisa Steinkamp, PT, PhD, MBA

Greetings Alumni and Friends,



I was hoping that by the time I wrote this newsletter, we would be back to “normal,” whatever that means. We did welcome our new class and held summer classes in person, which was a welcome improvement over last year. And wearing masks no longer seems so bad. Another big event this past year was our virtual CAPTE site visit, which went very smoothly; we are now awaiting the results in November. This summer, we not only welcomed our first-year students, but we were able to throw a party for our second-year students who, after a full year, had not yet met each other. We also sent our third-years off on internships with a white coat ceremony. Our graduates were able to gather without friends and family for graduation but were grateful for the opportunity to celebrate. Upcoming events are our Visiting Lecturer event with alumnus **Bill Boissonnault, PT, DPT, DHSc, FAAOMPT, FAPTA**, followed by a DPTSO golf event. Please watch our website for the return of the DPTSO Bucky Race this spring. One of the other upcoming positives is that our collaborative classroom remodel broke ground this week and will hopefully be ready for use in the spring. Also this

spring, we will be bringing on **Bernadette Gillick, PT, MSPT, PhD**, who you can read about below. I also included some information in this newsletter on the Center for Interprofessional Practice and Education (CIPE), with which we work closely. Finally, I would like to end on a note acknowledging the land upon which we reside. As stated by the Shared Future Heritage Marker on campus, “The University of Wisconsin-Madison occupies ancestral Ho-Chunk land, a place their nation has called Treejop (day-JOPE) since time immemorial. In an 1832 treaty, the Ho-Chunk were forced to cede this territory. Decades of ethnic cleansing followed when both the federal and state government repeatedly, but unsuccessfully, sought to forcibly remove the Ho-Chunk from Wisconsin. This history of colonization informs our shared future of collaboration and innovation. Today, UW-Madison respects the inherent sovereignty of the Ho-Chunk Nation, along with the eleven other First Nations of Wisconsin.”

In Peace and Collaboration,

Lisa Steinkamp

We welcome Bernadette Gillick, PhD, MSPT, PT to the University of Wisconsin-Madison and additionally celebrate her commitment to the profession of Physical Therapy over the last 30 years!



Education/Clinical Work: Dr. Gillick earned her undergraduate degrees in Physical Therapy and Psychology at Marquette University, and an Advanced Master's Degree in Neurologic Physical Therapy at Chicago Medical School (currently Rosalind Franklin School of Medicine). She has worked in many clinical settings in adult and pediatric rehabilitation and was the Academic Coordinator for Clinical Education at Loyola University Medical Center in Chicago, IL securing over 125 student clinical rotations annually. She served as the Clinical Coordinator for Marquette and Creighton

Physical Therapy students in the Dominican Republic. Additionally, she managed an Inpatient Rehabilitation Hospital in Anchorage, Alaska and worked clinically at Seattle Children's Hospital.

Research: Dr. Gillick received a PhD in Rehabilitation Science with a minor in Neuroscience from the University of Minnesota. Thereafter she completed a Fellowship in Randomized Behavioral Clinical Trials at the National Institutes of Health (NIH). She is an internationally respected expert on the use of innovative

technologies and interventions in perinatal stroke and cerebral palsy from infancy to young adulthood. Her work has been supported by over \$10M in international and national funding including funding from the Foundation for Physical Therapy. Her current grant support includes an NIH R01 and R21, investigating infant cortical and behavioral development after perinatal stroke and early brain injury using non-invasive brain stimulation and neuroimaging.

Community, Teaching and Mentoring: Among other roles, Dr. Gillick is an active member of the American Physical Therapy Association (APTA), International Alliance of Academies of Childhood Disability, and American Academy of Cerebral Palsy and Developmental Medicine (AACPD). Dr. Gillick has received numerous awards over her career, including the 2017 APTA Eugene Michels New Investigator Award and the 2021 AACPD Mentor of the Year Award. Within physical therapy programs she has taught the following courses to hundreds of students: Electrotherapeutics, Neuroanatomy, Anatomy and Physiology, Pediatrics, Human Growth and Development, Scientific Foundations and Research Seminars with exceptional teaching scores and invitations for annual graduation speaker. She has specifically advised over 50 DPT students through their academic pursuit to securing a professional position and beyond.

Dr. Gillick joined the UW Department of Pediatrics in February 2021 and will be teaching within our DPT Program starting in the Spring 2022. She is looking forward also to providing research opportunities for our interested students. Her laboratory is located at the Waisman Center, website: pnl.waisman.wisc.edu.

Welcome, Dr. Gillick and we look forward to working with you!



UW Center for Interprofessional Practice and Education
UNIVERSITY OF WISCONSIN-MADISON

UW-Madison Center for Interprofessional Practice and Education (UW CIPE)

CIPE is offering an Interprofessional Teamwork Competency Module this fall, where our first-year students will learn alongside students from Medicine, Nursing, Occupational Therapy, Pharmacy, and Social Work programs. Meanwhile, our second-year students will participate in an Interprofessional Roles and Responsibilities Competency Module alongside students from Medicine, Nursing, Occupational Therapy, Pharmacy, Physician Assistant, and Social Work programs. CIPE also offers Joint Dual UW CIPE and Teaching Academy IPE Distinguished Fellowships, where up to three honorary distinguished fellowships are awarded to faculty members, academic staff, and professional students in recognition of their excellence in IPE teaching, practice, research, and/or leadership at UW-Madison and beyond. They are also excited to announce the re-opening of the

Elaine Mischler MD Interprofessional Education Scholarship Application, whose purpose is for students to complete an immersion IPE experience to learn more about and contribute to interprofessional team-based practice, education, and research. This year, they will accept two applications and each awardee will receive a \$1,500 stipend. Finally, CIPE offers a UW IPE Path of Distinction Program for professional students in Genetic Counseling, Medicine, Pharmacy, Physical Therapy, Public Health, Social Work, and Veterinary Medicine. This “PoD” Program provides cross-professional students with opportunities to advance their IPE learning through didactics, experiential encounters (i.e. simulation), clinical/ community placements, research, and leadership opportunities that supplements their program-specific education. You can read more about these opportunities as well as the mission of CIPE at <https://cipe.wisc.edu/>.

<http://www.med.wisc.edu/education/physical-therapy-program>

Student News

Congratulations to the 2021 Graduates!

Lacey Abell, Jacob Baus, Michael Bellino, Matthew Bjork, Bryanna Blochowiak, Tyler Christensen, Stephanie Conway, Tanner Dimka, Lindsay Dolan, Taylor Dybul, Haley Fiegel, Sarah Gamillo, Danielle Green, Anna Hofer, Lauren Hughes, Brian Ishola, Caleb Klein, Lucas Lippert, Megan Lowe, Eric Lukken, Emma McDonald, Emily Miller, Natalie Mologne, Ashley O'Rourke, Brianna Piepenbrok, Nicole Reil, Tyler Roehl, Daniel Schiedermayer, Julia Schlosser, Emily Schmidt, Runquiang Scott Shi, Andrew Standiford, Matthew Stewart, Ingrid Taylor, Madeline Tetzke, Rachel Thomas, Diego Villarreal, Dillon Vulgamott, Joseph Wilson, Pedro Zavala.



Dr Steinkamp gathers with graduates at Commencement.

Congratulations to the Entering Class of 2024!

Joseph Albrecht, Matthew Anderson, Abigail Angst, Mateusz Arndt, Colleen Aubrey, Sarah Birkholz, Muzammil Chaudry, Kara Conley, Jacob Conrad, Stella Gillman, Shae Giavanni, Lindsay Gissler, Nikolai Grabowski, Quenten Haack, Samantha Hanson, Caitlyn Hibner, Hannah Koziol, Ashley Kreidermacher, Kristopher Littell, Sara Loevinger, Connor Lynn, Hannah Mark, Connor McCullough, Allison Meyer, Kelsey Murphy, Haley Neumann, Bailey Osborne, Sydney Petrofske, Tyler Phan, Sarah Placke, Chris Powers, Emma Rutherford, Julia Schiller, Alex Shaw, Kelly Stern, Alison Stuebe, Joshua Trevino, Lauryn Wagner, Nicole Warren, Caroline Wright.



The Class of 2023 Got to Know Each Other This Summer after a Year of Isolation!

Kenny Allen, Ben Alt, Anya Bayley, Marissa Bello, Ramsey Benkert, Abby Bishop, Jenna Blair, Joey Borgwardt, Grace Compton, Yilin Diao, Nicole Dorshorst, Michael Gillcrist, Travis Haysley, Jack Heinrich, Kevin Huckstorf, Alyssa Kelling, Nicole Kessinger, Michelle LaFave, Emily Lilla, Adam Link, Jacob Lopez, Zach Lorbeck, Shalla Moy, Kaylie Nytes, Trent Nytes, Marika Parrish, Tashelle Peigan, Cassie Piette, Dalaney Reilly, Morgaine Reinl, Tara Roodbeen, Thomas Schneider, Maya Shipway, Abby Simplot, Andrew Slick, Bailey Smith, Jaimee Swanson, Ara Torkelson, Elle VanTilburg, Matthew Waller.



"It's Your Turn" Celebration.

The Class of 2022 Had Their White Coat Ceremony and Are Off to Internships!

Chantal Bougie, Joseph Chapman, Brett Connors, Emma Dalton, Samantha Dawes, Daniel Deuel, Tyler Durand, Connor Felstead, Margret Gruben, Colten Haack, Corinne Haas, Katelyn Hoffman, Alexandra Jordan, Kelly Kent, Mason Kuhn, Matthew Kuik, Brett Ladsten, Vincent Lombardo, Maurice Lucré, Alexis Mashl, Morgan McCuen, Joyce Mier, Jennifer Price, David Propson, Seraphina Provenzano, Maya Puleo, Jenna Radke, Kurtis Rayfield, Jenna Schneider, Sarah Schumacher, Alex Shuchuk, Derek Studer, Jeffrey Sweet, Jake Thompson, Grace Ward, Madeline Willi, Jonathan Wise, Yueh-Ling Yu, Samantha Zawistowski.



Student News



PT1/PT2 PT Pal Picnic

Doctor of Physical Therapy Student Organization (DPTSO)

2020-2021 continued to be a challenging and accomplished year for our Doctor of Physical Therapy Student Organization (DPTSO). Sadly, many of the typically planned events for students to participate in were postponed and/or cancelled due to the COVID-19 pandemic, such as the Golf Outing, Massage Fundraiser, and the Winter Formal. With many of the usual activities on pause, the DPTSO board this past year pursued ways to engage students, raise funds, provide educational advancement, and find ways to continue to serve the Madison community in a safe manner throughout the year. In October 2020, DPTSO paired up with APTA-WI (formerly the WPTA) to engage physical therapists, students, and community members throughout the state in an October Wellness Challenge. This event served two purposes: to promote movement of others through running, walking, or biking, and to raise donations for the fundraising arm of PT Day of Service, "Move Together." The event was an astounding success, with over 2,200 miles ran/walked, more than 1,200 miles biked, and nearly \$2,000 raised for Move Together! This event took the place of Bucky's Race for Rehab 5k run/walk and was a component of the DPTSO commitment for PT Day of Service in 2020. Another component of our PT Day of Service was volunteering for the Second Harvest Food Bank of Dane County, where many of our student members assisted with packaging food boxes to deliver to families in need throughout the region. DPTSO was able to provide educational opportunities in a virtual fashion throughout the year, hearing from speakers discussing Geriatric Rehabilitation from FOX Rehab, Travel PT from MedTravelers, and Residency Preparation from Bellin Health. As we all know, the COVID-19 pandemic brought a lot of unknowns, massive transitions, and constantly changing regulations to everyday life. This included our classrooms and learning environments. Our ability to become physical therapists was not interrupted with many thanks due to the outstanding faculty of our program. DPTSO organized a "Faculty Thank You" event that provided a UW-DPT Program coffee mug and hand-written letters of gratitude for all faculty and staff of the PT Program, one of our more meaningful events of the year. Through our fundraising efforts, we were able to support our students in professional development opportunities such as virtually attending the WPTA fall and spring conferences, the American Physical Therapy Association (APTA) Combined Sections Meeting (CSM), as well as subsidize a portion of third-year student APTA membership dues. A big thank you to the outgoing DPTSO board: **Alexis Mashl** (Vice President), **Morgan McCuen** (Treasurer), **Jenny Price** (Secretary), and **Joe Chapman** (Personal Relations)! Additionally, thank you to both classes, faculty, and staff for making all we

accomplished this year possible. We are hopeful that the incoming DPTSO board and students in the classes of 2023 and 2024 will be able to enjoy and engage in many of the events we were unable to host in the coming year. **Matt Kuik**, SPT DPTSO-UW President, Class of 2022

DPTSO Board for 2021-2022

President: **Ara Torkelson**

Vice President: **Emily Lilla**

Treasurer: **Adam Link**

Secretary: **Nicole Dorshorst**

Personal Relations: **Cassie Piette**

PT1 Reps: **Shae Giovanni, Julia Schiller**

Find us on Facebook: www.facebook.com/DPTSOUW

MEDiC Clinic

As MEDiC Physical Therapy was on pause in March of 2020 due to the COVID-19 pandemic, we were uncertain as to what the future would look like. With the Southside Medical Clinic initiating telehealth services during Spring of 2020, we were asked to transition the PT clinic to the same during the summer months. Our current PT Coordinator Team worked tirelessly to develop and operate a bi-weekly telehealth clinic to re-open physical therapy services to patients who would otherwise have gone without care. This clinic could not have happened without the assistance of **Dr. Steinkamp, Kristi Jones**, our community PT providers, and student volunteers throughout the past year. We are excited and hopeful that the incoming MEDiC PT Coordinator Team can transition services back to in-person appointments in the coming year! The bright spot that came from operating via telehealth was the ability to incorporate follow-up appointments in MEDiC PT, something that often did not occur when we were in-person. The ability to work with patients and progress their exercise programs gave new insight for student volunteers outside of initial evaluation appointments.

Matt Kuik, David Propson, Emma Dalton, and Sam Dawes are excited to hand off their roles to the following students:

PT Liaison to the MEDiC Concil: **Jack Heinrich**

Clinic Coordinators: **Bailey Smith, Nicole Dorshorst, and Shalla Moy**

*The Program would like to thank **Matt Kuik** for taking on both DPTSO President as well as MEDiC Liaison roles—you are amazing!*

Student News

Pro Bono Clinic

During the pandemic, the Pro Bono clinic looked very different. Working exclusively via telehealth, 65 PT, OT, and SLP students volunteered to work with 11 clients on a weekly basis. While this format was new to both the students and our patients, we were able to successfully make it through the year and saw progress with all! Some of the lessons learned (feedback from students):

- “Demonstration is a key form of communication, so if there were issues with seeing each other, it became very challenging to ensure the patient understood what to do, and for us to see if they were doing the activity correctly.”
- “Creativity is key! The things people have in their homes is much different than the clinic.”
- “Staffings really do help! With everyone remote, getting the disciplines together to focus care and share strategies helped with consistency.”
- “It’s hard to test strength remotely, now I understand use of functional measures!”
- “I didn’t think we could make a difference using telehealth. I was wrong.”

Special thanks to our PT student coordinators who kept the clinic going: **Kelly Kent, Katie Hoffman, Jenna Radke** and **Maggie Gruben!** We look forward to returning in person this fall with the following new coordinators: **Cassie Piette, Maya Shipway, Tara Roodbeen,** and **Tom Schneider.**

Advancing Diversity and Education in Physical Therapy (ADEPT)

This year, Advancing Diversity and Excellence in Physical Therapy (ADEPT) was challenged to create a space that fostered critical self-reflection and personal growth using a purely virtual format. Thanks to the coordinated and thoughtful efforts of board members **Alexandra Jordan, Daniel Deuel, Maggie Gruben, Maya Puleo,** and **Moe Lucré**, ADEPT was able to hold monthly meetings frequented by SPTs and faculty alike. Topics of discussion ranged from biases within the Physical Therapy (PT) profession and the definition of Diversity, Equity, and Inclusion (DEI), to Women in PT and the role Physical Therapists can play in the Prison System. Numerous guest speakers from around the country were also invited to share their expertise on an equally diverse range of topics, from bridging the gap with patients whose racial background and does not reflect your own, to meeting the needs of patients in the LGBTQ+ community, and more. Furthermore, ADEPT invited second-year students to host meetings on topics close to their hearts, creating an evidence-based presentation as part of a UW-DPT program-backed Service Learning Project. ADEPT thanks **Dr. Sue Wenker** for this opportunity and hopes this practice continues in the future. Despite needing to cancel all previously scheduled ADEPT outreach events due to the pandemic, with the help of student-peers, ADEPT was able to give multiple virtual presentations to partnering organizations in Wisconsin. These partners include the Sun Prairie Advancement Via Individual Determination (AVID) program, Madison Metro School District - American Indian Science & Engineering Society (AISES) Chapter, and the Native American Center for Health Professionals (NACHP). ADEPT also gave one in-person presentation to the Boys & Girls Club of Oshkosh. Through these efforts, ADEPT was able to introduce over 150 students to the world of Physical Therapy.

Members of ADEPT have also made notable contributions surrounding DEI efforts within the state, which include publishing pertinent research in the Wisconsin Medical Journal (see article below) and serving as founding members on the newly-created APTA-Wisconsin DEI committee. This new committee will aim to work closely with UW-Madison’s ADEPT and similar programs in the future in order to (1) increase the cultural humility of future clinicians, and (2) create pathways for students of underrepresented backgrounds into the field of Physical Therapy. Lastly, ADEPT was able to expand this past year, with both UW-Milwaukee and the University of Puget Sound’s DPT programs now hosting ADEPT-type programs with the same goals as the mother organization. ADEPT welcomes its newly appointed board members (**Abby Bishop, Bailey Smith, Maya Shipway, Nicole Dorshorst,** and **Shalla Moy**), who are excited to take to further increase the ability of UW-Madison’s future physical therapists to care for patients and work alongside colleagues, of diverse backgrounds. If you have any interest in serving as a guest speaker for ADEPT, please contact the organization’s advisor, **Dr. Amy Schubert**, at schubert@pt.wisc.edu. If you have any interest in working alongside the APTA-Wisconsin’s DEI committee, please contact former board members **Daniel Deuel** or **Moe Lucré** at ddeuel@wisc.edu or lucre@wisc.edu, respectively. You can follow ADEPT on Facebook at <https://www.facebook.com/ADEPTUW>.

Published research:

Steinkamp LA, Deuel D, Lucré M, Zavala P. The Interplay of Diversity, Equity, and Inclusion in Addressing Health Inequities. Wisconsin Medical Journal, 120(1): S54-58, 2021.

Sincerely,

Daniel Deuel, SPT

GOBABYGO



After the cancellation of GoBabyGo for 2020 due to the coronavirus pandemic, the student coordinators were very excited to plan and provide this service project to the Madison community for 2021. This year’s build day looked quite different compared to previous years. With the added challenge of maintaining the safety and health of our families and volunteers, special precautions were followed by our teams which

Student News

included building the cars without the child or family present, wearing masks and face shields, socially distancing teams, fitting the child in the car outdoors, and keeping the event closed to the public. The students even had a chance to practice their newly learned Telehealth skills by conducting the pre-build interview and measuring process via videochat. On April 21st, our first- and



second-year physical therapy students teamed up with occupational therapy students to create personalized toy cars for 7 lucky kiddos! Our build day started at 8 AM, with our first wave of teams constructing and decorating cars and our second wave of teams arriving at 1 pm. Each team catered modifications and themes of their cars to each child's needs and interests. Teams then delivered and finished fitting the cars to each child outside of the Medical Sciences Center and it turned out to be a huge success. We got to see the kids light up at the site of their new rides and test drive their cars which included a Minnie Mouse car, Dinosaur car, Frozen car, and even a Rocketship car! A special thanks goes to **Joe Krachey**, Faculty Associate in the Electrical and Computer Engineering Department at UW-Madison, for volunteering his time to rewire all of our toy cars for the kids to power and steer. To see more photos and videos from our 2021 event, check out our Facebook page: <https://www.facebook.com/UWGoBabyGo/>. GoBabyGo Coordinators: **Sam**

Zawistowski, Joyce Mier, Corinne Haas



The puzzle table is back!

Other Outreach Activities



Yilin Diao and **Tashelle Peigan** received rave reviews after volunteering at the Special Olympics Strong Minds event.



Dr. Schubert and **Maya Puleo** participated in the APTA PT Moves Me ambassador program for K-16 student recruitment and pipeline activities. Maya and **Moe Lucré** also put together a video for a FutureQuest recruitment event.



Jonathan Wise raised \$1,570 for Rebalanced-Life Wellness Association (please visit <https://rebalanced-life.org/> to read about this amazing organization) through his "no-shave" fundraiser.

Student/Faculty News

Congratulations to the following 2021 Scholarship Recipients!

PT-1 Scholarships

- **Ridley Family Scholarship:** **Cassie Piette, Andrew Slick, Ara Torkelson**
- **PT Student Scholarship:** **Marika Parrish, Tom Schneider**
- **Gerlich-Hoefeyzer Scholarship:** **Ramsey Benkert, Emily Lilla**
- **Harper Family Scholarships:** **Jacob Lopez, Shalla Moy, Maya Shipway**
- **Amelia Doyon Scholarship:** **Delaney Reilly**

PT-2 Scholarships

- **Margaret Kohli Scholarships:** **Joe Chapman, Daniel Deuel, Matt Kuik, Moe Lucré, Alexis Mashl**
- **UW Madison Alumni Scholarship:** **Colten Haack**
- **Roland Scholarship:** **Jenny Price, Jenna Schneider**

Micah Wong Spirit Award: **Jack Heinrich, Matt Kuik**

Instructional Assistant Awards

- **ANA 637 Anatomy Lab:** **Tara Roodbeen, Tom Schneider, Ara Torkelson**
- **PT 501 Palpation Lab:** **Yilin Diao, Jack Heinrich, Adam Link, Jacob Lopez, Kaylie Nytes, Marika Parrish**

Maternal and Child Health (MCH) Lend trainees: **Emily Lilla, Delaney Reilly**

APTA-WI (formerly WPTA) Honors and Awards

- **Student Emerging Leader Award:** **Pedro Zavala**
- **Student SIG (SSIG) Scholarships for Service and Leadership:** **Daniel Deuel, Matt Kuik**

APTA Honors and Awards

- **LAPTA Core Ambassador:** **Ramsey Benkert**
- **APTA Centennial Scholar:** **Moe Lucré**
Moe's project involves putting together a structured program for creating a sustainable pipeline of diverse applicants through mentoring by alumni and the provision of resource and in-person experiences.

Other Achievements

- **Seraphine Provenzano** produced her first album.



■ Natalie Blonien, PT, DPT

I am entering my fourth year of teaching as a faculty associate and greatly enjoy coordinating the pediatric content for both PT 635 and PT 636 for Motor control and dysfunction with **Dr. Dewane** and also co-teaching the PT 678 integument course with a great new teaching partner and alumnus **Nicole Waner**, PT, DPT (2016). After a year of virtual learning, I am looking forward to more in-person patient experiences and opportunities in the curriculum. I continue to expand my clinical practice in the multi-disciplinary neuromuscular disease pediatric clinic at American Family Children's Hospital. This clinic allows for some research opportunities in exciting drug studies for children diagnosed with Spinal Muscular Atrophy. In my service role, I continue to serve as a faculty advisor in our Pro Bono clinic, a faculty liaison to the Waisman Center for the LEND program, and as the GoBabyGo faculty coordinator. You can follow our build events on our Facebook page: <https://www.facebook.com/UWGoBabyGo>. I look forward to expanding my research knowledge and opportunities by completing a capstone certificate in clinical and community outcomes research in the spring of 2022 at the UW Institute for Clinical and Translational Research. I hope to focus on supporting care coordination for children with special health needs and their families. And SAVE THE DATE for in-person (hopefully) Baby Lab on Thursday September 30th and Gait Lab on Thursday, October 7th. We hope to see a few alumni there with any new little family member. Information will be available soon.

■ Colleen Cobey, PT, MS, Ex Phys

My teaching appointment involves being the link between all three first-year semesters, with PT 501 Anatomical Applications in the summer, PT 527 Foundations of Examination and Evaluation in the fall, and PT 534 Therapeutic Interventions in the spring. I am currently teaching in PT 501 with **Dr. Cobian** and it is great to be in-person again versus our virtual summer last year. A great deal of energy in the last year went to modifying courses to a virtual format and learning new technologies to accomplish that. I definitely learned a great deal, but it is great to be back in-person. For my clinical appointment, I provide physical therapy services throughout the year at University Health Services (UHS), which serves the students at UW as well as visiting faculty and their families. As part of my community service, I am involved with the Stepping On program and a community food pantry garden that provides fresh food to two local food pantries, as well as Chrysalis, which promotes mental health recovery by supporting work opportunities. I also work with **Reenie Euhardy**, PT, MS, GCS and together we offer BLS certification training for our students and faculty in all three academic semesters; hopefully, we will be able to start back in the fall of 2021.

■ Daniel Cobian, PT, PhD

After this past year, I think I can safely say my virtual presentation skills will never be more finely tuned! I participated in virtual transfer of knowledge in a variety of settings – DPT program lectures, discussed research findings and interests with peer groups across the country, taught palpation labs virtually (hadn't ever expected I'd be doing that!), delivered clinically-focused talks at national meetings, and moderated conference research sessions. Although I am looking forward to learning from and networking

Faculty News

with colleagues in person again this year, I am appreciative of the significant work that many groups of people have put in to allow us to continue moving the field forward during this challenging year. As always, I am grateful for the ongoing opportunity to assume multiple roles as a scientist, clinician, and educator. I maintain a clinical physical therapy practice in Sports Rehabilitation at The American Center, instruct 1st year DPT students in palpation, biomechanics, and therapeutic exercise courses, and contribute to the research initiatives of the Badger Athletic Performance (BAP) Laboratory. In the past year, I partnered with BAP colleagues to present an educational session on running after ACL reconstruction at the APTA Combined Sections Meeting, was an invited speaker at the Mountain Land Running Medicine conference, and spoke at the UW Sports Medicine Symposium, the Hawkeye Sports Medicine Symposium, a Delsys Virtual Workshop, and delivered a guest lecture for the Idaho State Physical Therapy Program. I recently joined the programming committee for the American Academy of Sports Physical Therapy's inaugural Annual Meeting & Scientific Conference, and continue to serve as research coordinator for the annual conference, in addition to contributing to research abstract and grant reviews. Over the past year, I have become more involved in the UW Health Sports Physical Therapy Residency Program, serving as a research and clinical mentor. Undergraduate and DPT students working under my direction contributed to a variety of projects and presented research at the APTA Combined Sections Meeting. Seeing mentored students develop clinical research skills and make meaningful contributions to the knowledge base in our field is one of the most fulfilling aspects of my job. I look forward to contributing to the didactic and clinical education of our most recent matriculating class of DPT students, along with continuing to expand my research agenda to assist our profession in understanding the neuromuscular implications of musculoskeletal trauma and how to best prescribe and dose rehabilitation interventions to facilitate improved outcomes and long-term quality of life.

Published Manuscripts and Abstracts

Knurr KA, Kliethermes SA, Stiffler-Joachim MR, **Cobian DG**, Baer GS, **Heiderscheit BC**. Pre-Injury Running Biomechanics Are Not Restored 1 Year Post Anterior Cruciate Ligament Reconstruction in Division 1 Collegiate Athletes. *Am J Sports Med*. 2021 July.

Cobian DG, **Mashl AL**, Joachim MR, **Heiderscheit BC**. Longitudinal Analysis of Uninvolved Quadriceps Performance 2 to 10 Months Post Anterior Cruciate Ligament Reconstruction in Collegiate Athletes. *J Orthop Sports Phys Ther*. 2021;51(1): CSM29 (SPL14).

Cobian DG, **Roehl TJ**, Joachim MR, **Heiderscheit BC**. Knee Extensor Torque Steadiness is Associated with Quadriceps Activation Variability 4 to 12 Months Post Anterior Cruciate Ligament Reconstruction. *J Orthop Sports Phys Ther*. 2021;51(1): CSM29 (SPL15).

Knurr KA, Kliethermes SA, Joachim MR, **Cobian DG**, Baer GS, **Heiderscheit BC**. Preinjury Running Biomechanics Are Not Restored 12 Months Post Anterior Cruciate Ligament Reconstruction in Collegiate Athletes. *J Orthop Sports Phys Ther*. 2021;51(1): CSM39 (SPL39).

Robbins DP, **Cobian DG**, Williams GN. Vertical Hop, Hop for Distance, Quadriceps Strength, and Rate of Force Development after Anterior Cruciate Ligament Reconstruction. *J Orthop Sports Phys Ther*. 2021;51(1): CSM50 (SPL68).

Cobian DG, **Bjork MD**, Joachim MR, **Heiderscheit BC**. Recovery of Between-Limb Running and Jumping Kinetic Symmetries 6 to 13 Months Post Anterior Cruciate Ligament Reconstruction in Collegiate Athletes. *J Orthop Sports Phys Ther*. 2021;51(1): CSM172 (SP016).

Cobian DG, **Mashl AL**, Joachim MR, **Heiderscheit BC**. Longitudinal Recovery of Quadriceps Function 2 to 10 Months Post Anterior Cruciate Ligament Reconstruction in Collegiate Athletes. *J Orthop Sports Phys Ther*. 2021;51(1): CSM172 (SP015).

McClinton SM, **Cobian DG**, **Heiderscheit BC**. Physical Therapist Management of Anterior Knee Pain. *Curr Rev Musculoskelet Med*. 2020 Dec;13(6):776-787.

■ **Judy Dewane, PT, DSc, MHS, NCS**

As we return to more in-person activities, we have been exploring ways to keep the lessons learned during the pandemic to optimize the student experience. In addition, several projects have been going on. First is work with APTA – Geriatrics in the development and implementation of the Balance and Falls credential course. The first series will be held at UW-Madison in November. Also, I will be providing guest lectures on the Vestibular and Hearing Systems to first-year medical students this fall. This will provide an opportunity to not only share expertise, but to expose physicians in training early to what physical therapy can offer in this area. I am looking forward to this new opportunity.

■ **Jeanne Duncan, PT, DPT, DCE**

2021 started much like 2020 ended, with multiple clinical placement cancellations, determining quarantine procedures for students on clinical placements, and continuing to provide guidance to students and clinical instructors during unexpected times. A silver lining of COVID is that I have been able to learn many new skills when it comes to virtual teaching and education.

Dr. Wenker and I presented “The Person of Person-Centered Care: Addressing Physical Activity/Exercise Participation through Psychosocial Factors and Messaging” virtually at CSM 2021, and on the development and evaluation of our online Interprofessional Course at the 2021 UW Medical Education Day. We also took on the challenge of hosting the APTA Credentialed Clinical Instructor Program virtually for 30 PTs and PTAs from all over the country this past May. While the virtual format allowed us to reach clinicians we otherwise might not, we look forward to hosting it in person again next year! Along with **Dr. Steinkamp**, **Dr. Wenker**, **Brian Ishola**, DPT, Class of 2021, **Maurice Lucré**, SPT, Class of 2022, and **Deonna Suiter**, PTA, we continue to develop an Ethics course for the next licensure cycle focusing on microaggressions in the clinical setting. Our hope is that we will begin offering these courses in the upcoming winter and spring. We will also be presenting this content at CSM 2022 in San Antonio, TX. I continue to coordinate and co-teach PT 523: Cardiovascular and Pulmonary Aspects of Physical Therapy in the second year of the curriculum.

Faculty News



*The Dynamic Duo of Clinical Education, **Dr. Duncan** and **Deonna Suiter**.*

with **Jim Carlson**, MPT, CCS (Class of 1999), and mentor in the VA Cardiopulmonary Residency program. This past year, we partnered with the Respiratory Therapy Program at Madison College to provide the students with hands-on clinical-based learning activities. Lastly, I look forward to returning to my role in providing PT services at UHS this fall as it allows me to keep my skills and knowledge up-to-date.

Clinical Education Corner

I want to continue to extend a VERY sincere thank you to all of our clinical partners that continue to help during the uncertainty of COVID-19 and to all those who educated our students this past year. With ALL of your guidance in navigating COVID restrictions, policies and quarantine procedures along with helping to secure alternative placements for those that were cancelled, I am happy to say the entire Class of 2021 was able to graduate without delay! Without partners like you, it would not have been possible. As we continue to see challenges and uncertainty with the virus, our Program continues to strive for excellence and safety in clinical education. We recognize the need for continued flexibility and look to you, the experts of your facilities, to provide us with guidance on facility-specific requirements/needs and fully respect your decisions and the potential need to cancel placements. The site selection process for those placements scheduled in 2022 was a bit more stressful and challenging due to an overall reduction in placement offerings. This was likely due to lingering uncertainty and overall clinician burnout after a very challenging year - completely understandable! Should you now feel that you are able to take a student in 2022, please don't hesitate to reach out to me at any time at duncan@pt.wisc.edu. Additionally, I wanted to share a very heartfelt thank you to all clinicians for the work you did on the front lines taking care of your patients! **Deonna Suiter**, PTA continues to take on more responsibilities within clinical education and I am truly grateful for her calming presence and assistance. Once again, thanks to all of you who have offered placements and have educated our DPT students throughout the year. We appreciate all that you do for them and the Program. Without your partnership, our Program would certainly not be as successful!

■ Kristi Hallisy, PT, DSc, OCS

If we have learned one thing from the COVID-19 pandemic, necessity is the mother of invention. Health care delivery systems have been challenged and changed forever, and this reality has extended into the delivery of Tai Chi in a virtual world. Listed below are my latest Tai Chi related workshops and presentations. All were delivered virtually during the COVID pandemic months:

Culotti P, Sandretto R, Chewning B, **Hallisy KM**. Tai Chi Prime Leader Training for Tai Chi Health (8-hour workshop, Nov 2020).

Lubsen J, **Hallisy KM**. Taking your Exercise Medicine! Preventing Falls in the Clinic and Community. Family Medicine Midwest Conference, Minneapolis, MN (Nov 2020).

Hallisy KM. Tai Chi Fundamentals for Professional and Personal Wellness. APTA-Geriatrics Combined Sections Meeting Post-Conference Workshop (9 CEUs, March 2021).

Sandretto R, Culotti P, Yu T, Rehder K, Enloe L Chewning B, **Hallisy KM**. Tai Chi Fundamentals Certified Instructors Retreat (3-day retreat, May 2021).

Hallisy KM. Tai Chi for Optimal Aging & Well-Being: Helping Older Adults Meet Wellness & National Physical Activity Guidelines. Bellin College, Gerontological Nursing Conference 2021: Promoting Age Friendly Care (June 2021).

Hoffman C, **Hallisy KM**, Weaver J. Recovery from Injury and Tai Chi. Cheng Man-Ch'ing Global Tai Chi Forum (June 2021).

Following the sanctioning of *Tai Chi Prime* as a national evidence-based falls prevention program, my *Tai Chi Prime* research team was invited to join the National Council on Aging (NCOA) falls prevention workgroup in late 2020. This group is dedicated to advancing fall prevention training and research for older adults. Watch for my related APTA-Geriatrics educational monograph – *Tai Chi for Physical Therapists and Physical Therapy Assistants Working with Older Adults* later this summer. I also delivered the talk *LGBTQ+ Health Care: So you want to be a STAR?* to the UW-Madison (Sept 2020) and UW-Milwaukee (June 2021) student physical therapy organization known as ADEPT – Advancing Diversity and Excellence in Physical Therapy. This 60-90 minute presentation features an LGBTQ+ Sensitivity Training and group discussion. I am willing to give this presentation to any organization interested in advancing diversity, equity and inclusion in health care settings.

■ Jeff Hartman, PT, DPT, MPH

Something I tell my students is that it's important to get out of your comfort zone. You will learn a lot about yourself and grow as a result. Well, I can say this past year has been a year of growth for me because I felt like I was out of my comfort zone most of the time! Teaching and treating patients in unique ways AND raising three girls under the age of 5 all challenged me in ways I never expected. I can honestly say I'm a better teacher and clinician as a result. Not sure about the dad-thing but I'm doing my best! Despite the challenges of the past year, I was able to mentor our first dual MPH/DPT degree student which was exciting. **Allison Meyer** did a wonderful job and is coming into the DPT program with a

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very unique skill-set and base of knowledge that will compliment her DPT studies. If Allison is any indication, the future of this dual degree program is bright! I continue to help the Center for Interprofessional Practice and Education evolve and ensure the PT “voice” is heard. I have also been invited on the UW Global Health Advisory board for a three-year term. What an honor to be part of such a wonderful group of people who are doing amazing things all around the world. The highlight of my scholarship this past year was having an e-poster accepted at the World Physiotherapy Congress in Dubai. The poster titled “A Descriptive Analysis of the 2020 Belize Physiotherapy Workforce” was a result of Fulbright research in Belize. Unfortunately, the conference was moved to a virtual platform due to COVID and I was not able to attend and celebrate our work with my Belize colleagues in person. Another unfortunate result of COVID was our global health work which was put on hold this past year. The hope is that the virus will be much better contained in the very near future so that we can get back overseas for learning and serving in various capacities. In the meantime, we will continue to reflect on our past work and create a new vision of how we can travel abroad in responsible and sustainable ways. I continue to serve at the committee level for the Consortium of Universities for Global Health (CUGH) and have just been elected to serve on the APTA-WI Nominating committee. I anticipate this next year to be rewarding and inspiring in its own way.

Scholarship

Hartman, J; Magnusson, D. International Experiences in Physical Therapist Education: A Descriptive Study, *Journal of Physical Therapy Education*: March 2021 - Volume 35 - Issue 1 - p 75-82 doi: 10.1097/JTE.000000000000150. (Featured article)

Gamble, A., Amin Ahmed, A., Hassan Rahim, S., & **Hartman, J.** (2020). The effects of a combined psychotherapy and physiotherapy group treatment program for survivors of torture incarcerated in an adult prison in Kurdistan, Iraq: A pilot study. *Torture Journal*, 30(2), 58-76. <https://doi.org/10.7146/torture.v30i2.119199>. (Translated for publication in English, Kurdish and Arabic)

Hartman J, Duttine A. Rehabilitation 2030: a collective call that requires individual action. *Brazilian J of Physical Therapy*. (Invited editorial, Accepted for publication)

Hartman J, Johnson L, Holder T. A Descriptive Analysis of the Belize Physiotherapy Workforce. *Belize Journal of Medicine*. (Accepted for publication)

Trejo M, Ek R, Dorado J, Matus S, Bricenco E, Holder J, **Hartman J**. Observations From Within the Belize Physiotherapy Profession. *Belize Journal of Medicine*. (Accepted for publication)

Witte P, House R, Tamang S, Groves C, **Hartman J**. Feasibility assessment of the ICF Minimal Generic Set as a Disability Screening Tool in Rural Nepal. *Disability, CBR & Inclusive Development*. (Accepted for publication)

Hartman J, Sharp A, Van de Winckel A, Pechak C. Exploring the Characteristics of Doctor of Physical Therapy Students Intending to Work in Medically Underserved Areas/Populations. *Journal of Health Care for the Poor and Underserved*. (Currently under review)

■ Bryan Heiderscheit, PT, PhD, FAPTA

Congratulations to Dr. Heiderscheit and a team of multi-disciplinary researchers led by the School of Medicine and Public Health for their four-year, \$4M grant award by the National Football League to study the prevention and treatment of hamstring injuries in elite football players! Research from Dr. Heiderscheit's lab was presented at professional conferences including the APTA's Combined Sections Meeting and the annual meetings of the American College of Sports Medicine, Radiological Society of North America, American Society of Biomechanics and International Society of Biomechanics. Dr. Heiderscheit was an invited speaker at several organizations and professional conferences including Sports Surgery Clinic (Dublin, Ireland), Detroit Medical Center (Detroit, MI), and Sanford Sports Medicine (Sioux Falls, SD). He received the Career Excellence Award in Biomechanics from the Biomechanics Special Interest Group of the Academy of Physical Therapy Research and was named a Centennial Scholar by the Wisconsin Chapter of the American Physical Therapy Association. Dr. Heiderscheit continues to serve as an Editor for the *Journal of Orthopaedic & Sports Physical Therapy* and on the editorial board for *Orthopedics Today*.

Publications

Stiffler-Joachim MR, Lukes DH, Kliethermes SA, **Heiderscheit BC**. Lower extremity kinematic and kinetic asymmetries during running. *Med Sci Sports Exerc* 2020 Nov 3. doi: 10.1249/MSS.0000000000002558. Epub ahead of print. PMID: 33148971.

Krabak B, Roberts W, Tenforde A, Ackerman K, Adami P, Baggish A, Barrack M, Cianca J, Davis I, D'Hemecourt P, Fredericson M, Goldman J, Harrast M, **Heiderscheit B**, Hollander K, Kraus E, Luke A, Miller E, Moyer M, Rauh M, Toresdahl B, Wasfy M. Youth running consensus statement: minimizing risk of injury and illness in young runners. *Br J Sports Med* 55:305-318, 2021. doi: 10.1136/bjsports-2020-102518. PMID: 33122252.

Grove C, Whitney SL, Hetzel SJ, **Heiderscheit BC**, Pyle M. Validation of a next-generation sensory organization test in adults with and without vestibular dysfunction. *J Vestibular Res* 2020 Dec 2. doi: 10.3233/VES-200040. Online ahead of print. PMID: 33325418

Grove C, **Heiderscheit BC**, Pyle M, Loyd BJ, Whitney SL. The Spatial Navigation Index: a new method for screening adults with dizziness and imbalance. *Arch Phys Med Rehabil* 2020 Dec 15:S0003-9993(20)31318-6. doi: 10.1016/j.apmr.2020.11.010. Online ahead of print. PMID: 33338462

Allen K, Woolson S, Hoenig H, Bongiorno D, Byrd J, Caves K, Hall KS, **Heiderscheit BC**, Hodges NJ, Huffman KM, Morey MC, Ramasunder S, Severson H, Van Houtven C, Abbate LM, Coffman CJ. STepped Exercise Program for patients with Knee OsteoArthritis: a randomized controlled trial. *Ann Int Med* 174:298-307, 2021. doi: 10.7326/M20-4447. PMID: 33370174

Grove C, Whitney SL, Hetzel SJ, **Heiderscheit BC**, Pyle M. Effect of repetitive administration of a next-generation Sensory Organization Test in adults with and without vestibular dysfunction. *Otol Neurotol* 42:e363-e370, 2021. doi: 10.1097/MAO.0000000000002950. PMID: 33165160.

Luedke L, **Heiderscheit BC**, Williams DB, Rauh M. Factors associated with self-selected step rate in high school cross country runners. *J Strength Cond Res* 35:1141-1148, 2021. doi: 10.1519/

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JSC.0000000000002891. PMID: 30335714

Crawford S, Lee K, Bashford G, **Heiderscheit BC**. Spatial frequency analysis of the anatomical differences in hamstring muscles. *Ultrasonic Imaging* 43:100-108, 2021. doi:10.1177/0161734621990707

Knurr K, Kliethermes SA, Stiffler-Joachim MR, **Cobian DG**, Baer GS, **Heiderscheit BC**. Pre-injury running biomechanics are not restored 1-year post anterior cruciate ligament reconstruction in Division 1 collegiate athletes. *Am J Sports Med* (in press)

Kliethermes SA, Stiffler-Joachim MR, **Wille CM**, Sanfilippo J, **Zavala P**, **Heiderscheit BC**. Bone stress injury is prospectively associated with step rate in collegiate cross country. *Br J Sports Med* 2021 May 14. doi: 10.1136/bjsports-2020-103833. Online ahead of print. PMID: 33990294

Wu A, Rauh MJ, DeLuca S, Lewis M, Ackerman KE, Barrack M, **Heiderscheit BC**, Krabak BJ, Roberts W, Tenforde A. Running related injuries in middle school cross country runners: prevalence and characteristics of common injuries. *Phys Med Rehabil*. 2021 May 30. doi: 10.1002/pmrj.12649. Epub ahead of print. PMID: 34053194.

Grove C, Whitney SL, Pyle M, **Heiderscheit BC**. Instrumented gait analysis detects persistent deficits in gait velocity and whole-body turning dynamics in adults with chronic vestibular loss. *JAMA Otolaryngol Head Neck Surg*. 2021 Jul 1. doi: 10.1001/jamaoto.2021.1276. Epub ahead of print. PMID: 34196673.

Hickey JT, Opar DA, Weiss LJ, **Heiderscheit BC**. Current clinical concepts: hamstring strain injury rehabilitation. *J Athl Train*. 2021 Jun 15. doi: 10.4085/1062-6050-0707.20. Epub ahead of print. PMID: 34129673.

Tenforde A, DeLuca S, Wu A, Ackerman KE, Lewis M, Rauh MJ, **Heiderscheit BC**, Krabak BJ, Kraus E, Roberts W, Troy K, Barrack M. Prevalence and factors associated with bone stress injury in middle school runners. *Phys Med Rehabil* (in press).

■ Evan Nelson, PT, DPT, OCS

In the DPT program, my co-instructors and I revised the clinical medicine and physical agents courses to assure evidence-based educational methods prepare students to be leaders in the contemporary practice environments they will enter. COVID-19 unquestionably caused transient change, but early signs indicate long-standing changes in PT practice may result. Clinical medicine courses responded by integrating additional active learning strategies to provide opportunities for students to gain the necessary knowledge and clinical decision-making skills to be leaders in their future clinical roles. We applied established educational practices in novel ways and plan to share our work within the world of PT education through multiple mechanisms. Research in which I am involved continues to investigate important topics in adolescent sports medicine. Grants from the American Academy of Sports Physical Therapy, Freedom of Movement Fund and Virginia Horne Henry Fund at the University of Wisconsin-Madison generously support a large study evaluating the impact of training volume, sleep, and well-being on injury risk and injury recovery in high school cross country runners. The results of this project will provide critical information enhancing our understanding of risk factors for running-related injuries in high school runners as well as how these injuries impact training and

racing during the recovery period. Additionally, a University of Wisconsin interdisciplinary team worked to improve the definition of sport specialization and is refining how we identify or measure youth athletes demonstrating such behaviors.

Peer-Reviewed Manuscripts

Wahl EA, Stephenson J, **Nelson EO**. Shoulder pain with hemangioma-lymphangioma of the supraspinatus muscle. *JOSPT Cases*. 2021; 1(2):78-79 doi:10.2519/josptcases.2021.9974.

Bell DR, Snedden T, Biese K, **Nelson EO**, Watson A, Brooks AM, McGuine TA, Brown R, Kliethermes S. Consensus Definition of Sport Specialization in Youth Athletes Using a Delphi Approach. *Journal of Athletic Training*. Epub 2021; doi: <https://doi.org/10.4085/1062-6050-0725.20>.

Wenker S, **Nelson EO**, Lubsen J. Do exercise interventions improve frailty in older adults. *Family Physicians Inquiry Network*. 2020; doi: 10.1097/EBP.0000000000001179.

Conference Abstracts & Presentations

Bunster J, Mauri-Stecca MV, Leppe J, **Nelson EO**, **Heiderscheit BC**, Besomi M. Cross-cultural adaptation and psychometric assessment of the Spanish version of University of Wisconsin Running Injury and Recovery Index (UWRI-S). *World Physical Therapy Congress 2021*. World Physiotherapy outstanding platform presentation award: South America region.

Corkery MB, Keil AP, **Nelson EO**, Kareha SM, Schick MK, Collie ME. Advances in Imaging Referral: Generating a New Pulse in Autonomous Physical Therapist Practice. *American Physical Therapy Association Combined Sections Meeting, Virtual Conference*, February 1-28, 2021.

Gerke D, **Nelson EO**, **Bruggink B**, Smith Z, Goetz E, Menges L. A survey of diagnostic imaging curricula in orthopaedic physical therapy residency and fellowship programs. *American Physical Therapy Association Combined Sections Meeting 2021*. Virtual Conference. *J Orthop Sports Phys Ther* 2021;51(1):CSM8.

Nelson EO, **Hartman JA**. Teaching interdisciplinary clinical collaboration in the classroom. *University of Wisconsin Medical Education Day*, Madison, WI, May 2021.

Hartman JA, **Nelson EO**, **Smiley M**, **Simon K**. Applying user-centered design principles improved student usability of the Canvas Learning Management System. *University of Wisconsin Medical Education Day*, Madison, WI, May 2021

■ Amy Schubert, PT, DPT, Director of Admissions

It's hard to believe that another admissions cycle has passed, and I have been in my position for over three years already! Our new online payment system for supplemental application fees and program deposits worked well, as did our online record of residency form. The timing of a transition to a fully electronic admissions process could not have been better as we were primarily working remotely for much of last year! Our admissions meetings were virtual last year and they worked very well; we are thinking we may be able to solicit members from all over the country if we stay with this format. Recruitment opportunities have

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also significantly changed in the past year, with new opportunities to virtually present to various undergraduate groups across the country. During the spring semester, I co-instructed PT 512: Principles of Professional Practice and Administration for the third time (and the second time remotely!). I continue to hold clinic at UHS one day per week, which was primarily via telehealth for the 2020-21 academic year. I was selected by the APTA Academy of Education as its 2021 Centennial Scholar, which has been a rewarding experience; my Capstone project focuses on documenting and creating a time-sequenced synopsis of efforts to move toward diversity, equity and inclusion (DEI) in physical therapy (PT and PTA) education. We continue to present to local high school Pathway Programs, and **Deonna Suiter** and I presented to a class at LaFollette high school that was independent of the Pathways Program, as well as the Health Professions Shadowing Program (HPSP). I have started preliminary discussions with the other UW-Madison health profession programs (MD, PA, MPH, MGC, Nursing, Pharmacy, VetMed, and OT) to potentially host a group called the National Society of High School Scholars (NSHSS), which is fairly diverse (57% report ethnicity other than white, and 21-24% are first-generation); nearly 40% are planning a career in healthcare, and there are currently close to 7,000 active WI members. Time certainly doesn't stop as the 2021-22 admissions cycle opened in early July, and we're already staying busy reviewing applications for our next class!

■ Mary Sesto, PT, PhD

Research from Dr. Sesto's lab focuses on the use of health information technologies to improve health outcomes in individuals with chronic diseases and disabilities. Students working with Dr. Sesto have presented research at the following conferences: San Antonio Breast Cancer Symposium, the Cancer Center Survivorship Research Forum Conference and the Human Factors and Ergonomics Conference. Dr. Sesto also serves as core faculty in the University of Wisconsin Carbone Cancer Center and the Wisconsin Institute for Health Systems Engineering.

Publications

Tevaarwerk A, Kwekkeboom K, Buhr K, Denee A, Conkright W, Onitilo A, Robinson E, Kwong R, Wiegmann D, Chen K, Nanad R, LoConte N, Ahuja H, Wisinski K, **Sesto ME**. Results from a prospective longitudinal survey of employment and work outcomes in newly diagnosed cancer patients during and after curative-intent chemotherapy: a Wisconsin Oncology Network study. *Cancer*. 2020 Nov 24. doi: 10.1002/cncr.33311. PMID: 33231882; PMCID: PMC7945680.

Tevaarwerk AJ, Zhang X, Haine J, Norslien K, Henningfield MF, Stietz C, Hahn D, **Sesto ME**. Re-engineering survivorship care plans to support primary care needs and workflow: results from an Engineering, Primary care and Oncology Collaborative for survivorship Health (EPOCH). *J Cancer Educ*. 2021 Apr 26. doi: 10.1007/s13187-021-02008-z. Epub ahead of print.

Cha L, Teevaerwerk AJ, Smith EM, Chandereng T, Huenerberg KJ, Seaborne LA, Carroll CB, **Sesto ME**. Reported Concerns and Acceptance of Information or Referrals Among Breast Cancer Survivors Seen for Care Planning Visits: Results from the University of Wisconsin Carbone Cancer Center Survivorship Program. *J Cancer Educ*. 2021 Apr 26. doi: 10.1007/s13187-021-02015-0. Epub ahead of print. PMID: 33904118.

Chen KB, Yen T, Wenjun S, Teevaerwerk AJ, Wiegmann DA, Heidrich SM, **Sesto ME**. Usage of a web-based workplace and symptom self-management intervention tool to improve work ability for breast cancer survivors. *J Cancer Education* (in press).

■ Lisa Steinkamp, PT, PhD, MBA

My past year has consisted of leading the Program through COVID-19 challenges, preparing for and getting through the CAPTE site visit, and addressing Diversity/Equity/Inclusion and microaggression issues. **Dr. Wenker, Dr. Duncan, Dr. Ishola** (Class of 2021), **Moe Lucré**, SPT, and **Deonna Suiter**, PTA are currently engaged in a project on Racism and Microaggressions in the Clinic: Recognition and Management. This is a qualitative study involving physical therapists and physical therapist assistants in Wisconsin, alumni of the University of Wisconsin-Madison physical therapy program, and current University of Wisconsin-Madison Doctor of Physical Therapy students. We are investigating incidents of racism and microaggressions, especially with students, how they were managed, and ways to create inclusive clinical environments. We will be presenting our results at CSM 2022 and through Ethics courses.

Presentations and Publications

Steinkamp LA, Deuel D, Lucré M, Zavala P. The Interplay of Diversity, Equity, and Inclusion in Addressing Health Inequities. *Wisconsin Medical Journal*, 120(1): S54-58, 2021.

Steinkamp LA. Under-represented Minority Physical Therapist Student Experiences While on Clinical Internships. *Wisconsin Medical Journal*, 120(1): S61-65, 2021.

Steinkamp L. Under-represented Student Suggestions for Recruitment and Retention. Medical Education Day, May 2021.

Steinkamp L. Addressing Microaggressions in Clinical Settings. Combined Sections Meeting, February 2021.

Steinkamp L. Under-represented Student Perspectives on Barriers and Facilitators during Their Journeys to Physical Therapy School. Combined Sections Meeting, February 2021.

Hartman J, Pechak C, Pullen S, Sharp A, Steinkamp L. Transforming ALL of Society: How Do We Influence Graduates to Work with Underserved Communities? Combined Sections Meeting, February 2021.

Steinkamp L, Wenker S: The History of Diversity, Equity and Inclusion in Physical Therapy. Wisconsin Student Conclave, Virtual, January 2021.

■ Jill Thein-Nissenbaum, PT, DSc, SCS, ATC

Congratulations to Dr. Thein-Nissenbaum for graduating from the 2020 cohort of TeachOnline@UW, a faculty learning community to help instructors design and teach quality online courses.

Hello! I hope everyone is slowly finding their way back to "normal"! Although last year was far from ideal in the academic world, our DPT students came through with flying colors! I was so impressed with how our students supported each other as a cohesive, collective whole. They inspire me daily! One silver lining of COVID was the expansion of our course video library; although we had many Orthopedic examination videos created, we now have expanded the library to include treatment and intervention

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videos. These videos will be available for future students and will continue to enhance the learning process. My 14th season with Badger Sports Medicine and UW Athletics is going very well. I continue to see athletes from all 23 sports. I am fortunate enough to collaborate daily with athletic trainers, strength and conditioning coaches and team physicians. We have started new initiatives, including the use of rehabilitation ultrasound imaging as a biofeedback tool for transversus abdominus recruitment. We are screening all incoming female soccer players as well as other athletes with hip, low back and/or adductor-related pathology. We are utilizing a “post-operative” rehabilitation group sessions with our teams that have many post-surgical cases to streamline rehabilitation. Lastly, I now have weekly clinics at the Kohl Center and LaBahn Ice Arena, to treat our basketball and hockey players, respectively, immediately before and/or after practice to minimize their need to travel to the main athletic training room (McClain) to see me. I continue to enjoy taking “field trips” to Porter Boathouse, the Fieldhouse, and Goodman Diamond to observe athletes during practice and provide care for them at their respective facility. Even though professional conferences took on a new look this past year, I was able to give a few talks nationally (from my kitchen table) on my favorite topics: bone health in females, sports specialization, systemic hypermobility, and collaborative care in college athletics. A few of my Big 10 colleagues and I created an IRB-approved survey to determine to roles and responsibilities of PTs working in college athletics; the paper was submitted for publication. Team physician Tamara Scerpella and I submitted a follow-up paper based on a study we conducted on bone acquisition in adolescent female athletes. I successfully re-certified as a Sports Clinical Specialist through ABPTS. Lastly, I am in my third year of service as Treasurer of the American Academy of Sports Physical Therapy. This has provided a wonderful opportunity to network with APTA leadership and learn from the best!

■ Susan Wenker, PT, PhD, GCS

What a year it has been! All of us have adapted and molded our practices while finding ways for innovation as we gained confidence with technology, stretched our imaginations to create engaging learning activities, and built connections with past and current peers and students. Thank you to **Dr. Lisa Steinkamp** and **Colleen Cobey** for nominating me for the SMPH Dean's Teaching Award. As one of this year's recipients, I have reflected on how blessed I am to work with so many wonderful people; being surrounded by those who enjoy teaching and learning as much as I do make my job fun. I have the pleasure of continuing work with the UW-Center for Interprofessional Practice and Education (CIPE), where I am the co-coordinator of the Aging Initiative, and the UW-Madison Teaching Academy, where we continue to connect with health science programs and integrate into the newly-developed UW Madison Center for Teaching, Learning and Mentoring. My tenure as the Director of Education for the APTA Geriatrics will end at CSM 2022. In this role, I have the pleasure of working with so many wonderful people whose aim is to improve the lives of aging adults.

Peer Reviewed Publications

Wenker, SL; Nelson, EO; Lubsen, J. Do Exercises Improve Frailty in Older Adults. Family Practice Inquiry Network. 2020.

Wenker, SL; Stroede, JL; Birstler, J. Use of a Case-Based Blended Educational Session to Improve Physical Therapy Intraprofessional Knowledge and Attitudes. Health Interprofessional Practice and Education. 2020.

Wenker, SL; Palmer W; Wang A; Mahoney, J. Using Internet to Teach New Balance Exercises to Graduates of a Community-based Falls Prevention Class: A Feasibility Study. Detecting and Managing Balance and Mobility Phenotypes Using Next Generation Technologies: Artificial Intelligence, Biomechanics Symposium. October 30, 2020.

Wenker, SL; Duncan J. UW Madison Teaching and Learning Symposium. May 2020. Title: An Innovate Approach to Applying Backward Design to Clinical Practice

Peer Reviewed Scientific and Professional Presentations

Wenker, SL, Khalili H; Rusch R; Schroepfer T; Maser A; Tissot K. Preparing Dementia Workforce as Interprofessional Practitioners through Virtual Clinical Simulation. Poster Presentation. Wisconsin Alzheimer's and Disease Research Center. April 2021.

Wenker, SL; Abbruzzese, L; Abram, B; Schroder R; Heitzman J; Gravano T; Miller K; Brewer K; Birstler, J. Applying Backward Design Concepts During the Development of a National, Advanced Clinical Decision-Making Course for Physical Therapists. University of Wisconsin School of Medicine and Public Health Medical Education Day. Poster Presentation. May 27, 2021.

Wenker, SL; Duncan J. Development of an Online, Interprofessional Course to Deliver Continuing Medical Ethics Education. Ted Talk presentation. SMPH Medical Education Day. May 2021.

Wenker SL; Lubsen, J. Integrating Effective Teaching Strategies into the Clinical Environment. SMPH Medical Education Day. May 2021.

Wenker, SL, Khalili H; Rusch R; Schroepfer T; Maser A; Tissot K. Preparing Dementia Workforce as Interprofessional Practitioners through Virtual Clinical Simulation. Poster Presentation. American Physical Therapy Association, Education Leadership Conference. October 2021.

Wenker, SL; Duncan J. GeriNotes. “The person of person-centered care: Addressing physical activity/exercise prescription through psychosocial factors and messaging” a home-study course.”

Wenker, SL; Duncan J. American Physical Therapy Association Combined Sections Meeting, virtual 2-hour presentation “The person of person-centered care: Addressing physical activity/exercise prescription through psychosocial factors and messaging”

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Make sure we have your current email address and update your contact information at:
<http://uwalumni.com/directory!>

Check our website for updates! Join our [Facebook page!](#)

Let us know if you are interested in becoming a Clinical Instructor, helping with any of our global trips, or granting our students shadowing opportunities! Our latest need is with the Saturday morning MEDiC clinic, which we have expanded to twice a month and is currently being held virtually.

Many of our students struggle financially and we have witnessed how helpful even the smallest amount of funding can help. Let us know if you would like to "ADOPT-A-STUDENT." You could either connect with them in person or through us, and help support them with encouragement and/or financially (again, any amount helps!).

Watch for information for an alumni event in San Antonio in February!

We are accepting nominations for the 2021 awardee-please see <https://www.med.wisc.edu/education/physical-therapy-program/alumni/> for more information.



Thank you for the skeleton, **Denise Duranczyk** (1978) and **Robert Komes** (1987)!

Alumni Updates

- **Madison Oak** (2020) was interviewed about her time in New York City at the beginning of the pandemic:<https://wkow.com/2021/01/21/uw-grad-shares-covid-experience-in-new-york-1-year-after-nations-first-confirmed-case/>
- Watch **Susan Frikken** (2013) in action with Ballroom Basics for Balance: <https://youtu.be/-YuWBL0eJZc>.
- Congratulations **Dan Russo** (2008) on the opening of Russo Physical Therapy. He joins fellow private practitioner graduates **Autumn Bonner** (2016), **Susan Frikken** (2013), **Elizabeth Gust** (2015), **Adam Lindsey** (2004), and **Dave Nissenbaum** (1999). (If there are more of you, please let us know!)
- Congratulations to **Chantel Hasman** (2005), who was elected as delegate for APTA-WI, and **Dan Russo** (2008), who was elected as an alternate delegate.
- Congratulations to **Billy Bruggink** (2019)--APTA-WI Rookie of the Year!

In Memoriam

Barbara Lee Griffith, 82, of Indianapolis, died on Sunday, November 15, 2020. She was born on May 25, 1938 in Evanston, IL to Gordon Joseph and Doris Ethel (Slapp) Griffith. Barbara graduated from the University of Wisconsin Madison with a B.S. degree in Physical Therapy (PT) in 1960. She worked as a PT in Wisconsin, Michigan and Australia. She always said that Australia was her second home. Barbara was a life member of the American Physical Therapy Association. She received a Master of Health Administration (MHA) from the Indiana University School of Medicine in 1975 and later retired from Blue Cross Blue Shield of Indiana on December 1, 1995. Her hobbies included travel, reading, history, people and all kinds of sports; the Wisconsin Badgers were her favorite team. In lieu of flowers, memorial contributions may be made in Barbara's memory to the University of Wisconsin Physical Therapy Program, Madison, WI or to Broadway United Methodist Church, 609 E. 29th Street, Indianapolis, IN 46205.

Alumni Donations

Would you like to have a legacy impact on the UW-Madison DPT Program? Bequests, or gifts from estates, Life Income gifts (the donor makes a gift and receives an income for life), and gifts of real estate can have a tremendous impact on the UW Physical Therapy Program. Planned Gifts may be given to support students (scholarships and unique learning opportunities), faculty, research, and programs. For more information on naming the PT program as a beneficiary of your will, to find out which assets make the most tax-efficient bequest to charity, and to be inspired by the stories of your fellow alumni who have created planned gifts please contact **Jill Watson** at jill.watson@supportuw.org or 608-262-4632.

Please see <https://www.med.wisc.edu/education/physical-therapy-program/make-a-gift/> for descriptions on ways to donate on-line.

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Let's keep In Touch!

We love hearing from our alumni!

Drop us an email to let us know of any news you'd like to share with us at: <https://bit.ly/2YQTWuO>

Also, you can keep up-to-date with the program on our Facebook page: <https://bit.ly/2Z6ReTe>

DPT Honor Roll

July 1, 2020 to June 30, 2021

\$500 +

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John D. Garbrecht
Shirley M. and Berdean D. Jergenson
James and Vicki Lundeen
Judith G. and Eugene N. Neigoff
Elizabeth M. Petty and Karen K. Milner
Barbara C. and Jay A. Ramaker
Susan J. and Gordon T. Ridley
Karen K. St. John Trust
Jane K. and Glenn H. Watts
Nicholas M. Wong

\$250 - \$499

Jill S. and William G. Boissonnault
Sandra L. and Jeffrey Alan Busse
Judith A. Haeberle
Mary E. and Raymond J. Jast
Elizabeth A. Stoffel

\$100 - \$249

Sandra L. Anderson
Russell E. Carter
Elizabeth E. Cross
Mary A. Daley
Adele B. and Edward F. Douglass
Collette L. Engerson
Nadine D. Foley
King-Sze I. Fung
Richard J. and Sandra W. Groebner
Karen K. Haas
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Paul R. and Cindy R. Incha
Geoffrey J. Kaplan
Jeffrey A. and Robin E. Kolff
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Bonnie L. Lindahl
Bruce Lunning
Kathryn M. and Lyman L. Lyons
Raymond R. and Kathleen A. Maffet
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Janet M. Nordstrom
Dennis E. and Phoebe L. O'Connell
Richard D. Osterberg
Susan J. Pokorney
Raeann L. Ray

\$100 - \$249 (continued)

Jeffrey J. and Kathryn S. Salkowski
Robert W. Sandstrom
Christopher R. Stone
Nicole A. Strick
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- **PT Student Scholarship Fund** (132583031)
- **Mary McKinney Edmonds Fund** (recruitment and support for students who are under-represented in medicine) (112583323)
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