

Moving Ahead

Program in Physical Therapy

ANNUAL REPORT 2019



Washington University in St. Louis

SCHOOL OF MEDICINE

Program in Physical Therapy

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2019

by the
Numbers

**Ranked
#1**

PT Program by
U.S. News & World Report

89

incoming DPT students
for the class of 2022

100%

employment
of WUPT '18 graduates

18

active grants

4

clinical practice sites

32,190

number of patient visits
to date in 2019

Welcome



“Growth, in some curious way, I suspect, depends on being always in motion just a little bit, one way or another.”

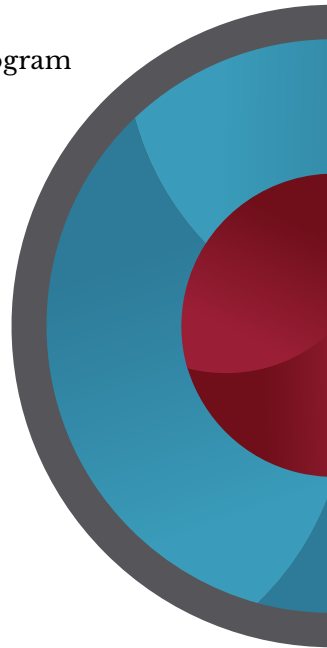
Norman Mailer



Gammon Earhart,
PT, PhD, FAPTA,

Director, Program in
Physical Therapy

There must be some truth to this quote. Folks in the WashU Program in Physical Therapy have been in motion not just a little bit but rather a lot over the past year, and my how we have grown! This annual report highlights growth across all areas of our mission — growth that resulted in a nearly 50% increase in the number of Program employees in the past year alone! This includes clinical growth with the addition of new practice locations and service lines, research growth with the hiring of new faculty investigators, ongoing growth and evolution of our DPT degree as we undergo curriculum renewal focused on competency-based education, and growth of our awareness of and connections with our local St. Louis community through education and outreach. With all this growth, we are a Program in motion, moving forward at a rapid pace to advance health through movement.



PT '19 student
Megan Drews
interacting with a
patient during a
pediatric lab.



Education

The mission of the Education Division is to prepare exceptional practitioners and researchers who contribute to the practice of physical therapy and to the research of movement science.

In 2019 “everything is changing around us,” and the faculty at the Washington University Program in Physical Therapy are building a new curriculum that will ensure students receive the most relevant and complete education in this rapidly evolving environment, says Dr. Steven Ambler, Associate Director of Professional Curriculum in Physical Therapy.

“We’re looking hard at the future of physical therapist practice,” he says. “Health care must become more value-based and focused on prevention, and our profession needs to prepare students in terms of this societal shift.”

At the same time, Ambler and his colleagues recognize the need to adapt to a changing landscape in higher education. Students seek more flexibility, learning environments that support a more diverse student body, and a more tangible return on investment from their education.

All this means that, beginning in the fall of 2021, students in the WUPT program will focus on achieving competence rather than simply passing traditional classes. “Competency-based education is the new frontier in PT education, and we are positioned at the leading edge of that frontier,” says Dr. Gammon Earhart, Director of the Program in Physical Therapy.

Under Ambler’s guidance, faculty began developing the updated curriculum last year, first identifying core domains of competence that create transformative leaders. “We then shifted to building the curriculum architecture,” Ambler says. With the competencies and program structure in place, content development is now underway.

“I believe the new curriculum will give students the greater flexibility they seek in their training and faculty greater ability to identify students who need more assistance or more challenges,” Earhart notes. “It will allow us to continue, and enhance, our culture of collaboration where everyone is valued for their unique talents and roles in the program.”

Students who enroll in the updated program will move between classroom discussions and clinical settings from the beginning of their physical therapy education. Working directly with patients from the start, students will achieve



WUPT students at the 2019 APTA National Student Conclave that was held in Albuquerque, New Mexico.



Steven Ambler, PT, DPT, PhD, MPH, Associate Professor, Associate Director, Professional Curriculum addresses faculty at a learning strategies workshop.

deeper understanding of how concepts and scientific findings connect to real-world situations and practice.

One of the most notable shifts for students will be in driving their own progress by recognizing and demonstrating competence. “Traditionally, students have been reluctant to admit when they don’t understand something for fear it will affect their grade,” Ambler says. “But we need them to tell us what they need more exposure to so the faculty can work with them to provide feedback and offer ample opportunities to improve where necessary.”

Earhart adds that the student-centered, personalized aspects of the new curriculum will create the field’s future leaders. “Students may find it challenging to think about their education as a continuum with milestones to be met rather than as a series of discrete courses, but I think they will find great value in the model once they are immersed in it,” she says.

Jacob G. McPherson, PhD, Assistant Professor of Physical Therapy and Anesthesiology; Affiliate Faculty of Biomedical Engineering.



Research

The mission of the Research Division is to understand how the movement system is affected by disease, injury, lifestyle, development and aging, and how movement can be used to promote health by enhancing physical function, activity and participation across the lifespan.

When it comes to “bench to bedside,” Washington University Program in Physical Therapy researchers are moving the field forward. From basic research seeking to understand neurological pathways and mechanisms to clinical studies that translate knowledge to practical applications for new treatment approaches to be used in the clinic and in the community, the program’s Movement Science Research Center (MSRC) is a hive of collaborative inquiry and discovery.

During the past year, the MSRC expanded to include new lab space for movement science researchers and welcomed two new researchers to the collegial collection of stellar scientists already working at the center.

Space reallocation means that researchers will be closer to one another, working in shared or adjacent areas, enhancing communication and ease of collaboration, explains Dr. Linda Van Dillen, Division Director of Research in the Program. “For younger researchers, who are still in pre- or post-doctoral programs and working with faculty mentors, this helps them understand the importance of communication and interaction,” she says. For example, currently we have trainees in movement science, biomedical engineering, mechanical engineering and materials science all sharing work space.

That kind of emphasis on, and acceptance of, interdisciplinary work is one reason the center was so attractive to Dr. Jacob McPherson and Dr. Laura McPherson, a married couple who joined the center in 2019, bringing unique skills and expertise to the center’s labs.

Jacob McPherson toggles between two lab environments, both under the center’s umbrella. One is shared with Laura where the couple work together on a joint project, while the other allows for work in conjunction with PT Program faculty Dr. Todd Cade and Dr. Gretchen Meyer. The projects explore various aspects of the interrelationships between the brain’s neural control of movement and pain processing, Jacob says.



Laura McPherson, DPT, PhD, Assistant Professor of Physical Therapy and Neurology with **Linda Van Dillen, PT, PhD, FAPTA**, Professor, Division Director of Research in Physical Therapy, Associate Director, Musculoskeletal Research.

“My area of research focuses on neurological rehabilitation,” he explains. “Washington University is quite strong in that area, both within the PT Program and across the medical school, even extending into biomedical engineering. The chance to be in a place that is so strong in neuroscience, neurophysiology and neurological rehabilitation is a tremendous opportunity.”

Laura McPherson, who studies how the nervous system changes in people who have had strokes or have multiple sclerosis, agrees. “Being in a place where there’s a wealth of active researchers nearby, all of them excited and open to learning more about each other’s work, is one of the most crucial aspects of a successful research program, and not every place has that,” she says.

The McPhersons’ work fills a specific gap, Van Dillen notes. “Both Jacob and Laura are biomedical engineers and neuroscientists, and Laura also has clinical experience as a practicing physical therapist,” she says. “Laura examines the underlying mechanisms of motor control in people with neurological dysfunction and how to use treatments to target those mechanisms, and Jacob studies the underlying mechanisms of pain and how the nervous system is altered in patients with pain. We didn’t have that unique combination applied to movement science within our program before.”

“Our approach isn’t just bench to bedside,” Jacob notes. “It’s bench to bedside to bench, and so on.”

Newly Awarded Grants

Funded in Fiscal Year 2018 – 2019

W. Todd Cade, PT, PhD

ACUTE EFFECTS OF AEROBIC AND RESISTANCE EXERCISE ON MATERNAL GLUCOSE METABOLISM AND VASCULAR FUNCTION IN OBESE PREGNANCY

Funded by NIH REACT

This study aims to collect preliminary data on the independent effects of acute aerobic and resistance rehabilitative exercise on vascular function and glucose metabolism in pregnancy, and further, in obese women; a population with a high morbidity during gestation.

BARTH SYNDROME DISEASE MECHANISMS AND THERAPEUTIC DEVELOPMENT

Funded by NIH R01

The main purpose of this study is to characterize skeletal and cardiac muscle pathology in inducible pluripotent stem cell differentiated myocytes derived from patients with Barth Syndrome. Data from this study might help uncover novel pathologic mechanisms and help develop therapeutics for the treatment of Barth syndrome.

Brecca Gaffney, PhD

EFFECTS OF SIMULATED INTERVENTIONS ON HIP ARTICULAR CARTILAGE LOADING IN PATIENTS WITH FEMOROACETABULAR IMPINGEMENT AND DEVELOPMENTAL DYSPLASIA OF THE HIP

Funded by NIH F32

The purpose of this project is to develop a musculoskeletal contact model that will be used to determine the influence of simulated surgical and non-surgical interventions on intra-articular hip cartilage loading patterns in patients with pre-arthritis hip deformities. The findings of this proposal will be fundamental to understanding if intervention specific to pathology can 1) improve treatment in patients at risk for osteoarthritis specific to their pathology and 2) increase the effectiveness of pre-osteoarthritis clinical intervention that addresses the multi-scale pathology from whole-body movement to intra-articular loading.

QUANTIFICATION OF BONE SHAPE VARIABILITY, WHOLE-BODY AND JOINT LEVEL BIOMECHANICS OF HIP DYSPLASIA

Funded by L'Oreal USA for Women in Science Fellowship

This grant will investigate the neuromuscular control patterns and multi-joint loading mechanics during biomechanically challenging activities in patients with hip dysplasia. Our long-term goal is to identify potential compensatory muscle activation patterns adopted by people with hip dysplasia that alter loads at both the hip and low-back. Identifying these compensatory patterns will help identify potential mechanisms for long-term overuse injuries, which can be used to improve the overall efficacy of intervention in patients with hip dysplasia.

Marcie Harris Hayes, PT, DPT, MCSI

COMPARISON OF MOVEMENT PATTERN TRAINING AND MANUAL THERAPY FOR PREARTHRTIC HIP DISORDERS: A PILOT RANDOMIZED CLINICAL TRIAL

Funded by the Foundation for Physical Therapy Research

The goal of this pilot study is to collect sufficient data to power a future study that will determine the efficacy of movement pattern training compared to joint mobilization for people with prearthritic hip disorders (PAHD). Forty patients with PAHD will be randomized into 1 of 2 groups, movement pattern training or joint mobilization. Treatment will consist of 10 visits over 12 weeks and instruction in a home exercise program. Our line of research will improve our understanding of each proposed treatment and its effect on patient function and each treatment's targeted impairment. This improved understanding will lead to the development of treatment strategies that will ultimately result in comparative effectiveness studies of surgical and non-surgical treatment.

MOVEMENT SYSTEM IMPAIRMENTS IN PATIENTS WITH LOWER URINARY TRACT SYMPTOMS

Funded by the WU Institute of Clinical & Translational Sciences

The goal of this project is to investigate the potential relationship among hip muscle strength, pelvic floor muscle strength and mobility in women with lower urinary tract symptoms (LUTS). We will enroll a prospective cohort of women with LUTS and matched asymptomatic controls to participate in a movement system examination and complete self-report measures of urinary symptoms and quality of life. Achievement of our proposed aims will lead to better understanding of the mechanisms contributing to LUTS and the development of new rehabilitation strategies.

Joe Klaesner, PhD

WHEELCHAIR PROPULSION TRAINING FOR MANUAL WHEELCHAIR USERS WITH SCI

Funded by the Craig H. Neilsen Foundation

The overall purpose of this project is to pilot test a manual wheelchair (MWC) training program based on motor learning theory to improve wheelchair propulsion for manual wheelchair users (MWUs) with spinal cord injury (SCI). This project will identify evidence and will specifically address the amount of practice and best surface on which to provide training in accordance with the Clinical Practice Guidelines (CPG) for Preserving Upper Limb Mobility during rehabilitation.

APPLICATION OF THE WMS FOR ADVANCED PHYSICAL THERAPY TRAINING AND ENDURANCE TESTING OF MANUAL WHEELCHAIR USE

Funded by the Curators of the University of Missouri

The purpose of this project is to evaluate the efficacy of a WheelMill System (WMS) exercise intervention to increase the exercise intensity level for people with spinal cord injury (SCI) as compared to a community-based exercise intervention control group. The knowledge from this project will contribute to the literature in helping to better understand the impact of high-intensity training for people with spinal cord injury (SCI).

Continuing Awards

Catherine Lang, PT, PhD, FASNR

TRANSCRANIAL DIRECT CURRENT STIMULATION FOR POST-STROKE MOTOR RECOVERY – A PHASE II STUDY (TRANSPORT2)

Funded by NIH U01

Washington University Program in Physical Therapy is one of 12 participating sites in the NIH StrokeNet trial TRANSPORT2. This Phase II clinical trial evaluates the benefit of high and low doses of transcranial direct current (tDCS) stimulation vs. sham stimulation when added to constraint-induced movement therapy in the sub-acute stage post stroke.

Gretchen Meyer, PhD

FAT-MUSCLE CROSS-TALK IN THE INJURED ROTATOR CUFF

Funded by NIH R21

Accumulation of fat within and between muscles is a hallmark of chronic muscle pathology and is thought to contribute to persistent muscle weakness and functional limitations. These experiments aim to define the nature of the interaction between fat and satellite cells (the cellular source for muscle growth and regeneration) with a specific focus on the role of fat phenotype. Knowledge gathered from this work will inform the development of adjuvant therapies targeting fat to improve muscle function and quality of life for the more than 1 million Americans seeking rehabilitative care for chronic muscle pathology.

Linda Van Dillen, PT, PhD, FAPTA

IMPACT OF HIP STRUCTURE AND FUNCTION ON THE CLINICAL PRESENTATION OF LOW BACK PAIN

Funded by the American Physical Therapy Association

This is a cross-sectional study examining the prevalence of altered hip factors in people with recurrent or chronic low back pain (LBP) and the impact of the alterations on spine movement, LBP symptoms, functional limitations and health status.

Todd Cade, PT, PhD

Funded by NIH R01

HEART AND SKELETAL MUSCLE METABOLISM, ENERGETICS AND FUNCTION IN BARTH SYNDROME

Ryan Duncan, PT, DPT, MSCJ

Funded by NIH K12

MULTICENTER CAREER DEVELOPMENT PROGRAM FOR PHYSICAL AND OCCUPATIONAL THERAPY

Gammon Earhart, PT, PhD, FAPTA

Funded by NIH R01

WALKING AND MHEALTH TO INCREASE PARTICIPATION IN PARKINSON DISEASE (WHIP-PD)

Michael Harris, PhD

Funded by Lottie Caroline Hardy Trust

BIOMECHANICS AND MORPHOLOGY OF BONE AND MUSCLE IN PATIENTS WITH HIP DYSPLASIA

Funded by NIH K01

MUSCLE GEOMETRY AND ITS INFLUENCE ON FUNCTION IN PATIENTS WITH DEVELOPMENTAL DYSPLASIA OF THE HIP

Elinor Harrison, PhD

Funded by Grammy Museum

THE USE OF SINGING TO AID GAIT IN PARKINSON DISEASE

Mary Hastings, PT, DPT, MSCJ, ATC

Funded by NIH R01

MUSCLE, JOINT AND MOVEMENT DETERIORATION CONTRIBUTING TO NEUROPATHIC FOREFOOT DEFORMITY

Marcie Harris-Hayes, PT, DPT, MCSJ

Funded by NIH R21

MOVEMENT PATTERN TRAINING IN PEOPLE WITH INTRA-ARTICULAR, PREARTHRTIC HIP DISORDERS

Catherine Lang, PT, PhD FASNR

Funded by NIH R01

ISCHEMIC CONDITIONING AS A NEURORECOVERY AGENT FOR STROKE

Funded by NIH R01

TRANSLATION OF IN-CLINIC GAINS TO GAINS IN DAILY LIFE AFTER STROKE



Postdoctoral research fellow

Jen Zellers, PT, DPT, PhD,

was awarded an F32 grant from the NIH to fund her study “Impact of Diabetes on Tendon Health”. The long-term goal of this fellowship grant is to optimize tendon healing from injury and metabolic disease by bridging basic science and clinical research approaches. As a step toward that goal, this proposal compares DTI to direct testing of human tendon tissue and applies DTI to a clinical population of individuals with and without diabetes to improve our understanding of diabetes-related changes to tendon health.

Gretchen Meyer, PhD

Funded by American Orthopaedic Foot & Ankle Society

DEFINING THE CELLULAR BASIS FOR POOR MUSCLE PERFORMANCE IN DIABETIC PERIPHERAL NEUROPATHY

Funded by NIH R01

ROTATOR CUFF DEGENERATION AND REPAIR

Linda Van Dillen, PT, PhD, FAPTA

Funded by NIH R01

SPINAL CONTROL DURING FUNCTIONAL ACTIVITIES TO IMPROVE LOW BACK PAIN OUTCOMES



Theresa Notestine,
PT, DPT, NCS, works
with a patient on agility
training in Washington
University Physical
Therapy at TRISL.

Clinical Practice

The mission of the Clinical Division is to provide high-quality, evidence-based care with compassion. As movement system experts, our clinicians strive to diagnose movement impairments and deliver individualized treatment to optimize function, health and wellness across the lifespan.

More individuals are receiving care from Washington University Program in Physical Therapy clinicians, thanks to a new practice location that opened July 1, 2019. With the addition of Washington University Physical Therapy at The Rehabilitation Institute of St. Louis (TRISL), the Program now offers a wide range of clinical services at four separate practice sites.

Located at 4455 Duncan Ave., Washington University Physical Therapy at TRISL doubles the Program's previous clinical practice capacity in the Central West End and combines several important rehabilitative services under one roof, increasing convenience for many patients who need multiple disciplines and offering more collaborative opportunities for clinicians and students.

"In the past, we offered only physical therapy services at our clinical locations," says Theresa Notestine, Clinical Practice Manager at the new location. "Now we have the space and staff available to also provide occupational and speech therapies. For many patients with neurological conditions, having access to all these specialties in one place is extremely helpful."

Pelvic health and neuromuscular rehabilitation services, previously available at the Program's other Central West End location, 4444 Forest Park Ave., are also offered at the institute. For patients who need counseling or referrals to other supportive services, a licensed clinical social worker is also on staff.

Beth Crowner, Division Director of Clinical Practice, explains that the Program was approached more than 18 months ago by TRISL leadership. "They asked if we would be interested in acquiring their outpatient services," she says. "For a year, we analyzed whether it would be a viable addition and mesh with the Program in

Physical Therapy's overall goals, and we determined that it would be a good fit." The acquisition was announced in January 2019.

"Our clinical practice capacity has grown a lot in recent years," Notestine adds. The original Central West End location was bolstered with a satellite clinic, which opened about three years ago on the Washington University Danforth campus to serve students, faculty and staff. In 2018, a location in O'Fallon, Missouri, was added to help increase the Program's reach and increase access to care for individuals in the western suburbs.

"Now with the TRISL location, we anticipate doubling our patient volume," Crowner says, a significant claim considering the Program's three previous locations served more than 30,000 patients in the last year alone. To meet the anticipated need, eight of the Program's 2019 graduates were hired to work in the Washington University Physical Therapy Clinical Practice.

"Before we acquired the TRISL location, we didn't have the space or equipment needed to provide care for complex neurological cases," she adds. "Now we offer full-service outpatient care for patients with neurological injuries and conditions. It's taken us well beyond orthopedic rehabilitative services."

In fact, the services available now include appointments with specialists in concussion, multiple sclerosis, spinal cord injury, stroke, traumatic brain injury and Parkinson's disease. Patients can obtain help with wheelchair seating and positioning, augmentative communications technologies, and pelvic floor rehabilitation.

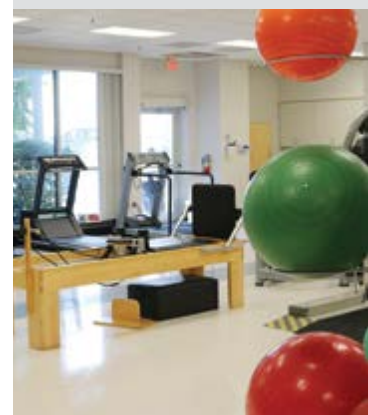
"We just offer so many special things," Crowner says. "It's very exciting to know we have the ability to provide high-level care to anyone who walks or rolls through our doors."



Some of the members of **WUPT '19** who have been hired by Washington University Physical Therapy Clinical Practice.



Beth Crowner, PT, DPT, NCS, MPPA, (left), Clinical Practice Division Director, and **Theresa Notestine, PT, DPT, NCS,** Clinical Practice Manager at Washington University Physical Therapy at TRISL.



Gym space in the new clinical practice supports patient rehabilitation.



Dr. Will Ross,

Associate Dean for Diversity at Washington University School of Medicine and Professor of Medicine in the Nephrology Division, presents to 1st year students on Health Disparities in St. Louis and the Delmar Divide.

Community Engagement

Our students build leadership skills and improve their community through several outreach efforts. This past year, students, faculty and alumni volunteered to support local, national and international organizations.

Long-time St. Louisans still remember Pruitt-Igoe. In 1954, the first residents moved into the urban housing project. Developers predicted the apartments would create city revenue and energize the urban core with parks, playgrounds and shopping. It didn't happen.

By the late 1950s, Pruitt-Igoe was in decline. People moved out as the site became known for crime, drugs and decay. In 1972, authorities demolished the 33 buildings. Now, the old Pruitt-Igoe site is part of a tour that teaches Washington University Program in Physical Therapy faculty, staff and students how social determinants affect citizens' health.

During the summer, Program faculty and staff read Pruitt-Igoe: Images of America by Bob Hansman, Washington University Associate Professor of Architecture, before embarking on a city bus tour to see the site for themselves. "We wanted to better understand how social determinants affect people, specifically in terms of movement," explains Dr. Steven Ambler, Associate Director of Professional Curriculum. "This is something we'll be adding to our curriculum because it's an important aspect of practice for future leaders in physical therapy."

Dr. Todd Cade, Professor of Physical Therapy and Associate Director of Postdoctoral Fellowships, was on the bus as Hansman pointed out various examples of urban blight, illuminating areas that are little-known to socially and financially stable individuals. Seeing the memorial site for a child mauled to death by stray dogs in 2001 shocked Cade. "This really highlighted the direness of the living conditions and what the residents of north city deal with on a daily basis," he says.

Cade adds that the tour helped him understand "teaching students about healthcare delivery is not 'one size fits all.'"

Many of our patients have different obstacles and priorities than others." He also considered how students from more socioeconomically challenged areas face unique challenges that may affect their learning styles.

"We learned that many of the north city schools use outdated textbooks along with students navigating obstacles, such as food insecurity," Cade says. "A keen understanding of our students' background can help faculty optimize our teaching methods, or at least our empathy."

About a month after faculty toured the urban sites, 89 new Program students embarked on the emotionally charged tour. "(Hansman) talked about people he knew dying from heart attacks, which were likely exacerbated by how stressful the neighborhood is. He talked about a child who died from a wild dog attack, and how we need to be accountable to the living children in that neighborhood now. He made it personal, at his own emotional expense, and I'm grateful," says student Kat Omnes.

Student Matt Farthing adds, "The treatment for a patient living in poverty and a well-off patient is not necessarily going to be extremely different, however, how you approach the situation may be, and I had no previous perspective on how to approach people in different socioeconomic classes."

By increasing awareness of vast inequities within St. Louis and discussing how they influence health, future physical therapists can better understand their role in connecting with the entire community, notes Dr. Gammon Earhart, Program Director. "The tour and book discussion stimulated lots of thought about how we as a program and as individuals can help to address the inequities within our region," she says.



Washington University professor **Bob Hansman** leading Physical Therapy faculty, staff, and students at the Shelley home — the focus of the 1948 US Supreme Court case which ruled that judicial enforcement by state courts of racially restrictive covenants violated the Constitution.



Physical Therapy faculty, staff, and students view a plaque commemorating the life of 10-year-old Rodney McAllister, who was killed by a pack of dogs in the park in 2001.



WUPT Staff present 3rd year students with gifts made possible by WUPT Casual Day donations.

Named Scholarships

The **Timothy B. Burnight Scholarship** is awarded to a first-year student who demonstrates exceptional academic promise. **Ricardo Fernandez, PT '22**

*This scholarship possible though a gift from:
Mr. Tom Burnight*

The **Susan and Robert Deusinger Scholarship** is awarded to a student who has demonstrated exceptional and enduring leadership in the classroom, clinic and/or community.

Melissa Galarowicz, PT '21

*This scholarship possible though a gift from:
Dr. Robert H. Deusinger
Dr. Susan Schaefer Deusinger GR80 SW87*

The **Kathleen Dixon Annual Scholarship** is a need-based scholarship awarded to two students each year.

Jacob Shields, PT '21

*This scholarship possible though a gift from:
Ms. Kathleen K. Dixon
Dr. Shirley A. Sahrman PT58 GR71 GR73 HS*

The **Anne Furlong Scholarship** is awarded to a student who demonstrates outstanding academic performance in their undergraduate work.

Melli Vytlacil, PT '22

*This scholarship possible though a gift from:
Ms. Marie K. Furlong
Mrs. Cathy Schindler
Mr. George Schindler*

The **Gina Prescott Earnest Scholarship** is awarded to a student who demonstrates both exceptional academic and clinical performance, and outstanding

professional growth and promise. **Nicholas Youmans, PT '21**

*This scholarship possible though a gift from:
Mrs. Gina Prescott Earnest PT68
Mr. James M. Earnest*

The **Guebert/Lake Scholarship** is awarded to a student who demonstrates success in the areas of scholarship, clinical promise, class leadership and service to the community. **Kyle Flynn, PT '21, and Melissa Galarowicz, PT '21**

*This scholarship possible though a gift from:
Mrs. Marilyn Kirkham
Mr. John Kirkham*

The **Robert J. Hickok Scholarship** is awarded to a student who has demonstrated exemplary personal integrity, consistent professional commitment, leadership and excellence in clinical work. **Savannah Martin, PT '21**

*This scholarship possible though a gift from:
Mrs. Lisa M. Waeckerle
Mr. William R. Waeckerle*

The **Nancy Palumbo Memorial Scholarship** is awarded to third-year students who has shown passion and enthusiasm for the Program in Physical Therapy inside and out.

Kristen Uradzionaek, PT '21

*This scholarship possible though a gift from:
Mr. Mark Kaufman and Ms. Mary Ann Kaufman
Mr. Fred Palumbo and Ms. Mary Anne Palumbo
Mr. Ray E. Pool III
Ms. Jayne Fleck Pool
Ms. Nancy L. Svenstrup*

The **Steven J. Rose Diversity Development Award** is awarded to students who have demonstrated academic excellence and contributed to educational diversity in the Program in Physical Therapy.

Saman Saeidi, PT '22, George Sam, PT '22, Anastasia Liu, PT '21, Kristen Uradzionaek, PT '21, Sylvia Son, PT '20 and Emily Diaz, PT '20

*This scholarship possible though a gift from:
Ms. Carol Lynne Enkoji
Dr. Richard Scott Nelson*

The **Sahrman Assistantship** provides funding for a student to conduct research related to musculoskeletal impairments. **Stacey Chen, PT '22; Lindsay Durand, PT '21**

*This scholarship possible though a gift from:
Elsevier
Dr. Shirley A. Sahrman PT58 GR71 GR73 HS*

The **Shirley Sahrman Scholarship** is awarded to an incoming first-year student with research experience.

Arielle Gurevich, PT '22

*This scholarship possible though a gift from:
Dr. Shirley A. Sahrman PT58 GR71 GR73 HS*

The **Joye Siroky-Baumann Scholarship** is awarded to a student with academic promise. **Lindsay Durand, PT '21**

*This scholarship possible though a gift from:
Mrs. Erdumite Baumann
Dr. Gert F. Baumann*

Donor Honor Roll

July 1, 2018 – June 30, 2019

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WUPT '22 taking an oath, written specifically for the Program, at the 2019 White Coat Ceremony.



Alex Henderson, PT '20, at the 2019 APTA Federal Advocacy Forum.

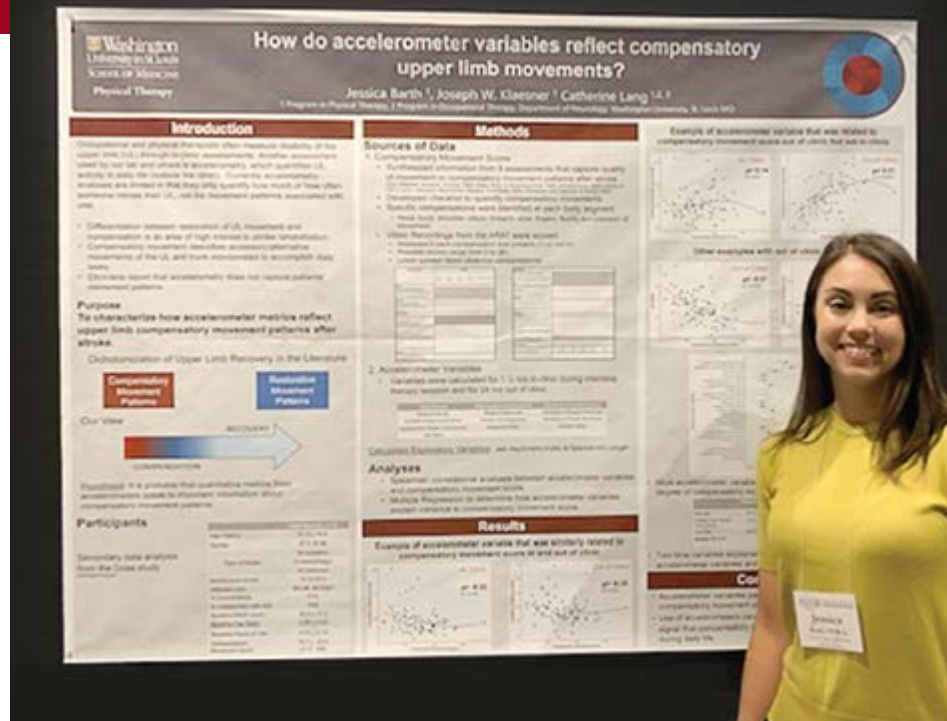
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Movement Science PhD Student, Jessica Barth, presenting her work on upper limb movements in stroke rehabilitation at the 2019 American Society of Neuroradiology conference.

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Class Notes and Program Honors



PT '19 students **Nikki Erbes, Kody Krupps,** and **Emily Johnson** at a meeting of the Missouri Physical Therapy Association.



WUPT faculty member **Diana Parra Perez** became a US Citizen in May, 2019.

Steve Ambler, PT, DPT, PhD, MPH, was selected through a competitive application process to participate in the Grantsmanship and Mentorship in Education Research (GAMER) workshop. The overall aim of GAMER is to create and expand a cadre of highly qualified, networked and productive education researchers who will advance the science of physical therapist education.

Steve Ambler, PT, DPT, PhD, MPH, and **Tammy Burlis, PT, DPT, CCS,** were inducted as inaugural fellows in the Washington University School of Medicine Academy of Educators. This achievement acknowledges their significant contributions to education and recognizes their valuable place as central contributors in the education mission of the School of Medicine.

Movement Science PhD Program alumnus **Adam Bittel** received a fellowship sponsored by Strength, Science, and Stories of Inspiration (SSSI) and the Muscular Dystrophy Association (MDA). Adam is currently a postdoctoral fellow at Children's National Medical Center and is studying skeletal muscle molecular responses to aerobic exercise training in a mouse model of Facioscapulohumeral Muscular Dystrophy.

Maggie Bland, PT, DPT, MSCI, represented the Program and Washington University School of Medicine at the National Academies of Practice annual meeting. Maggie was part of a faculty panel that delivered a platform presentation on the interprofessional education transitions of care pilot that took place at WUSM during the 2018 spring semester.

Katie Damico, PT '04, and **Rebecca J. Pendino, PT '06,** received the Washington University Program in Physical Therapy Patty Scheets Award for Excellence in Teaching

Nicole Erbes, PT '19, and **Kristen Ivy, PT '19,** were inducted into the ACAPT National Student Honor Society in its inaugural year. <https://acapt.org/about/national-student-honor-society/inductees>

Alex Henderson, PT '20, was featured as the June MPTA Student Spotlight <https://www.mopt.org/page/June2019Spotlight>

Movement Science PhD student **Quenten Hooker** was awarded a Burroughs Wellcome Fund Trainee Travel Award to attend the annual meeting of the Association for Clinical and Translational Science.

Gammon Earhart, PT, PhD, FAPTA,

was named a Catherine Worthingham Fellow of the APTA. The Catherine Worthingham Fellow designation honors individuals whose contributions to the profession through leadership, influence, and achievements demonstrate frequent and sustained efforts to advance the physical therapy profession.

Movement Science PhD student **Adam Horin** received a Society for Neuroscience 2019 Trainee Professional Development Award. This award is a year-long program that provides travel to the annual conference along with career development opportunities and engagement in onlinediscussions and networking with other recipients.

Catherine Lang, PT, PhD, FASNR,

was named a Fellow of the American Society of NeuroRehabilitation. This distinction honors individuals who have contributed significantly to the field of neurorehabilitation and to the ASNR specifically.

Movement & Neurodegenerative Disease research group of **Gammon Earhart, Elinor Harrison, Kerri Rawson, Adam Horin, Ryan Duncan, David May** and **Martha Hessler**, received an NIH R61 grant to support their work entitled, “Sing for Your Saunter: Using Self-Generated Rhythmic Cues to Enhance Gait in Parkinson’s.”

PhD students **Hyo-Jung Yeong** and **Ke Song** both won 3rd place and \$100 prizes for their work presented at Washington University’s 24th Graduate Research Symposium. Hyo won in the Science category and Ke won in the Engineering category.

PT '19 students **Kody Krupps, Emily Johnson,** and **Nikki Erbes** were nominated by faculty for the 2019 Missouri Outstanding Student award. They were recognized at the business meeting of the MPTA in April 2019.

Michael Mueller, PT, PhD, FAPTA, was recognized with a 2019 Service Award from the Foundation for Physical Therapy Research. This award recognizes Michael’s strong commitment to supporting the Foundation and advancing physical therapy research.

Linda Van Dillen, PT, PhD, FAPTA,

received the Helen J. Hislop Award for Outstanding Contributions to Professional Literature from the APTA. This award honors a physical therapist who has been actively engaged in writing and publishing professional literature pertaining to the physical therapy profession for at least 10 years.



WUPT won the statewide PT school kickball tournament! The tournament is sponsored by MSSIG to raise money for student scholarships for Physical Therapy conferences. WUPT beat Mizzou, Maryville and SLU to gain us bragging rights and to retain the Golden Pelvis trophy!



PT '19 Student Caleb Wolters (second from left) met with representatives from his home district in Texas during the 2019 APTA Federal Advocacy Forum.

Class Notes and Program Honors

Continued



WUPT Graduates **Beth Sitterley** and **Razeena Umrani** with Masters of Physiotherapy students from Mekelle University in Mek'ele, Ethiopia.



WUPT participated in Biz Dash 5k benefiting the St. Louis Sports Foundation which promotes sportsmanship in the community and fosters a culture of kindness, respect, civility and selflessness.

Diana Parra Perez, MPH, PhD, was honored as a special international guest speaker at a meeting hosted by the mayor of Santiago de Chile and Bloomberg Philanthropies. Diana has served as an external consultant for a project focused on gamification programs in schools in Santiago De Chile to reduce childhood obesity. Diana also became a US Citizen in May.

Jake Raecker, PT '20, was selected for the MPTA's September Student Spotlight. Check is out at <https://www.moapt.org/page/September2019Spotlight>

Sara Reardon PT '07, received the Washington University Program in Physical Therapy Alumni Achievement Award.

Beth Sitterly, PT '19, and **Razeena Umrani, PT '18**, traveled to Mekelle University in Mek'ele, Ethiopia to work with Physiotherapy students on hands-on skills and advancing early mobilization techniques with patients with neurological conditions both in the outpatient and acute care settings.

Stacy Tylka, PT, DPT, WCS, CLT-LANA, passed the Lymphology Association of North America's examination to earn the CLT-LANA credential and earned her recertification as a Women's Health Clinical Specialist.

Caleb Wolters, PT '19, won this year's \$1000 WUPT Federal Advocacy Forum (FAF) Scholarship to attend FA. This award is sponsored through the generosity of alumnae **Stephanie Weyrauch, PT '15**, and **Allie Smith, PT '14**.

PT '22 Student Jazmon Carroll

receiving her white coat at the 2019
White Coat Ceremony.



PT '19 graduates
celebrating after the
2019 Graduation
Ceremony.

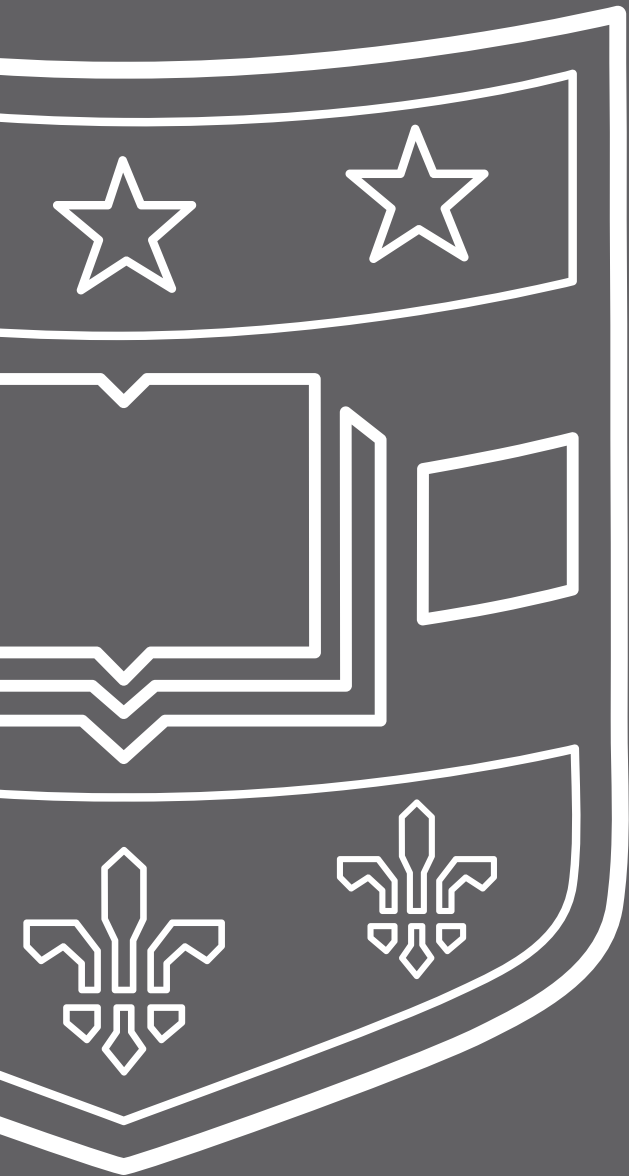




Congratulations,

Class of 2019!





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Program in Physical Therapy

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