

Winter 2018 NEWSLETTER

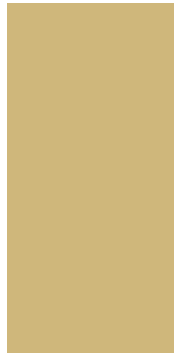


Physical Therapy

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

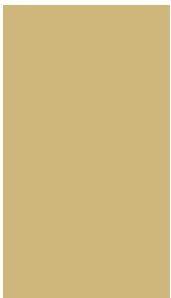




Celebrating 70 Years of Innovation and Excellence

On Sept. 7, 2017 the University of Colorado Physical Therapy Program celebrated 70 years of charting new paths in education, research and practice. The anniversary festivities included an educational day filled with nationally recognized speakers and an evening gala honoring the Physical Therapy Program's legacy of excellence while looking ahead to its future. We are grateful to our donors as well as employees of the Office of Alumni Relations and Office of Advancement in going the extra mile and ensuring success.

Thank you to the many alumni, faculty, staff, students and friends who joined us and helped make the day a success!





Letter From The Director

2017 marked the University of Colorado Physical Therapy Program's 70th year of innovation and excellence in education, research and patient care. In this edition of the PT Program's newsletter we celebrate this milestone and look ahead to the next 70 years and beyond.

As you read on, you will meet several of our students—the future of physical therapy—and learn more about their experiences in the Program. Working alongside and guiding these students is our distinguished faculty. In addition to mentorship, faculty conduct studies that help improve our understanding of human movement, physical function and disability across the lifespan.

This year we welcomed new faculty members as well as new administrative staff. Andrew Kittelson, PT, PhD joined the faculty as the newest member of the research team; Joe Palmer, PT, DPT joined the faculty as Assistant Director of Clinical Education. New members of the administrative team include Nicolas Alvarez, Natalie Belva, Melissa Ishida and Angie Vondra.

At our annual graduation in December the Program conferred 70 DPT degrees and one MS degree. These 71 individuals join a notable group of practitioners, researchers and educators as alumni. One of these distinguished alumni, Joel Larmore, PT (Class of 1970), the outgoing president of the CU Physical Therapy Scholarship and Endowment Advisory Board, is profiled in this edition of the newsletter. On behalf of the PT Program, I thank Mr. Larmore for giving generously of his time to the Board and for supporting the Program. Because of his and the Board's efforts, the scholarship and endowment fund has grown by more than 200 percent since 2015.

Lastly, I would like to wish all of you a terrific 2018 and thank you for the role you have played in shaping the first 70 years of the CU PT Program. We look forward to your continued engagement as we move into the next 70 years and beyond.

Sincerely,

A handwritten signature in black ink that reads "Margaret Schenkman". The signature is fluid and cursive, with a long horizontal line extending from the end.

Margaret Schenkman, PT, PhD, FAPTA
PT Program Director
Associate Dean for Physical Therapy Education

When I returned to the academic world I was introduced to a woman who was a breast cancer survivor, and she spoke so highly of her physical therapist and the impact that she made on her life that I decided to delve deeper into the profession.



Phillip Turner

Talk about what you were doing before you started in the PT Program.

After completing my undergraduate degree in Music at the University of Colorado at Colorado Springs I spent a couple of summers traveling and performing music across Europe and the United States. During this time, I was also running a small family business specializing in property maintenance. While my time spent in the world of small business offered me a bounty of experience and life lessons I will always carry with me, I began to feel unfulfilled and I sought out a career path that aligned more with my passions and interests.

What attracted you to the profession of PT?

Unlike many of my peers, there was no single experience that drew me to the profession of physical therapy. When I set out to change careers I was deeply interested in exercise and science, and looking to make an impact on people's lives. When I returned to the academic world I was introduced to a woman who was a breast cancer survivor, and she spoke so highly of her physical therapist and the impact that she made on her life that I decided to delve deeper into the profession. Shortly after being introduced to her I began shadowing, and that's when I knew that physical therapy was the career and calling I had been searching for.

What attracted you to the CU PT Program?

The University of Colorado has offered my family a wealth of opportunity. As first-generation college students, my brother and I both share CU as our alma mater. Aside from my history with CU, it just felt like a more natural fit compared to other universities. The staff were clearly diversity-minded, and the environment felt inclusive and welcoming; a perfect learning environment for me. The program is challenging but there is more than enough support from the staff, peers and upper classmen.

What advice do you have for prospective students?

I would advise any prospective students to really embrace their individuality. It can be very challenging to celebrate our differences when we're exposed to new and unfamiliar environments, but as I have experienced in our program, our differences and the diversity present at the university really creates an environment for problem solving and creating positive and meaningful change across the medical professions.

What do you hope to do once you complete the program?

Originally, I hoped to practice in an outpatient orthopedic clinic; however, my most recent integrated clinical experience has piqued my interest in inpatient acute care. I believe the range of settings and the wide variety of ways we can help others is an attractive and unique aspect of this specific health care profession. While I am still very interested in sports physical therapy, I am keeping an open mind, and enjoying the breadth and depth of clinical experience that this program offers.

Research With An Immediate Impact

Jennifer Stevens-Lapsley, PT, PhD and her colleagues are working alongside clinicians to change how home health physical therapy is provided to deconditioned adults following inpatient hospitalization. Her research is part of CU Restore, a collaborative team of researchers jointly led by Stevens-Lapsley and Cory Christiansen, PT, PhD. CU Restore is committed to optimizing movement and quality-of-life in older adults through innovative research and educational excellence.



Generally, higher intensity resistance training is preferred to lower intensity approaches for older adults. First, it is more likely to result in meaningful, lasting gains in muscle strength and endurance that directly correlate to improvements in activities of daily living. These important changes occur more quickly with higher intensity approaches, making them more resource-efficient and cost-effective.

However, through their preliminary research, Stevens-Lapsley and her colleagues have found that home health therapy is traditionally delivered at very low exercise intensities. There are few guidelines in place for therapists to follow when treating this population, and therapists are uncertain how to progress patients and exercise them at intensities that will promote recovery without causing harm.

Accordingly, Stevens-Lapsley's team designed a trial that increases exercise intensity. To make sure that the research yields practical guidance for home health practitioners, it is being implemented within home health agencies rather than in a lab. This also ensures that the interventions work physiologically and fit within current Medicare billing guidelines.

"It can take 17 years to go from clinical research findings in published form to actually impacting clinical practice," explains Stevens-Lapsley. "We really want to have a more immediate impact by translating our work into clinical practice faster."

"To make sure that the research yields practical guidance for home health practitioners, it is being implemented within home health agencies rather than in a lab. This also ensures that the interventions work physiologically and fit within current Medicare billing guidelines."

Beyond home health care, Stevens-Lapsley's team, which consists of other PT Program faculty as well as students and fellows, has taken their research into skilled nursing facilities to train staff to increase the intensity of rehabilitation safely so that patients might be discharged more quickly. They also work with Innovage, an organization that provides customized health care and social engagement to older adults to help them stay independent and in their homes, to implement higher intensity rehabilitation for the populations they serve.

Stevens-Lapsley admits that clinicians are sometimes skeptical because of safety concerns. Yet, once they begin working with her team they are often shocked at how well patients respond to increased intensities. "After they see the results, they're quickly convinced that what we're doing is really pushing the envelope appropriately," says Stevens-Lapsley.

The research is funded in part through grants awarded by the National Institute of Health, National Institute on Aging, the National Institute on Nursing and Research, and the Veteran's Administration.

Faculty Publication List

2017 was another productive year! Members of the CU Physical Therapy Program faculty contributed to more than 45 academic journal articles. The full list can be found on the CU PT Program website. CU Faculty contributors are **bolded**.

Bade M, Struessel T, Paxton R, Winters J, Baym C, **Stevens-Lapsley J**. Performance on a clinical quadriceps activation battery is related to a laboratory measure of activation and recovery after total knee arthroplasty. *Arch Phys Med Rehabil*. 2017;Aug 31.

Covington K, Myers K, **Rodriguez J**. Exploring DPT students' perceptions of team function in a collaborative integrated clinical education experience. *Journal of Physical Therapy Education*, 2017;31(3):37-44.

Dannemiller L, Basha E, **Kriekels W, Nordon-Craft A**. Student perception of preparedness for clinical management of adults with lifelong disability using a standardized patient assessment. *JOPT*. In press.

Erickson M, Faeth J, Gaston B, Wood J, Yoder E, Caldwell C, **Johnson Armstrong C**. Hand therapy content for entry-level physical therapist education: A consensus-based study. *J Phys Ther Ed*. 2017;31:79-89.

Falvey J, Gustavson A, Price L, Papazian L, and **Stevens-Lapsley J**. Dementia, comorbidity, and physical function in the program of all inclusive care for the elderly. *J Geriatr Phys Ther*. 2017;Apr 21.

Gaffney B, **Christiansen C**, Murray A, Silverman A, Davidson B. Separation of rotational and translational segmental momentum used to assess movement coordination during walking. *Hum Movement Sci*. 2017;51:99-111.

Kittelson A, Hoogeboom T, **Stevens-Lapsley J, Schenkman M**, van Meeteren NVL. Person-centered care and physical therapy: A "patients-like-me" approach. *Phys Ther*. In press.

Magnusson D, Minkovitz C, Kuhlthau K, Caballero T, Mistry K. Beliefs regarding development and early intervention among low-income African American and Hispanic mothers. *Pediatrics*. 2017;140(5).

Mañago M, Schenkman M, Berliner J, Hebert JR. Gaze stabilization and dynamic visual acuity in people with multiple sclerosis. *Journal of Vestibular Research*. In press.

Mintken P, McDevitt AW, Michener L, Boyles R, Beardslee A, Burns S, Haberl M, Binder L, Cleland J. Examination of the validity of a clinical prediction rule to identify patients with shoulder pain likely to benefit from cervicothoracic manipulation. *J Ortho Sports Phys Ther*. 2017;47;252-260.

Pascoe M, Lee MJL. Incorporation of light field photography into an online anatomy resource does not influence student quiz performance or perceptions of usability. *Med Sci Educ*. 2017 Sep;27(3):465-474.

Richardson M, **Nordon-Craft A**, Carrothers L. Using an exercise program to improve activity tolerance in a female with postural orthostatic tachycardia syndrome (POTS): A case report. *Physiotherapy Theory and Practice*. In press.

Schenkman M, Moore C, Kohrt W, et al. Effect of high-intensity treadmill exercise on the motor symptoms in patients with de novo Parkinson' disease. A phase 2 randomized clinical trial. *JAMA Neurol*. doi:10.1001/jamaneurol. 2017.3517

Struessel T, Rodriguez J, Van Zytveld C. Advocating for a systems approach to enhance patient safety in physical therapy practice: A clinical commentary. *PTJ-PAL*, 2017;17(1):J22-J27.

Struessel T, Nordon-Craft A. A case report describing multiple system effects of breast cancer, bilateral mastectomy and reconstruction: Implications for physical therapist practice. *Journal of Women's Health Physical Therapy*. In press.





Filling Gaps and Enhancing Classroom Learning: Research in the PT Program

The University of Colorado Anschutz Medical Campus is internationally known as a hub for breakthrough research. Indeed, the research conducted within the PT Program is addressing some of the most pressing issues in human movement, physical function, and disability. With four core laboratories, postdoctoral fellows and students alike have opportunities to conduct their own research and take part in groundbreaking studies that often have implications on clinical practice and enhance what is learned in the classroom.

Paul Kline, PT, DPT, PhD comes to CU as a postdoctoral fellow. Kline says that he was drawn to CU in part because of the research conducted by Cory Christiansen, PT, PhD the director of the Interdisciplinary Movement Science Lab. Kline explains, "The research projects led by Dr. Christiansen were exciting to me because I believed they would challenge me to grow as a scientist and they are focused on addressing critical problems currently faced in rehabilitation."

Kline also feels that the research that takes place within the PT Program is in line with his own personal mission. "My ultimate goal is for research to improve the lives of patients by changing clinical practice," says Kline. "Given the current gap between research findings and actual clinical practice, the scientific community needs to be creative in designing studies and in disseminating the results in order to bridge this gap. I've found the researchers at CU to be cognizant of this and are keen on developing strategies to improve implementation of their findings."

Focusing on bridging the gap between research and practice, Kline and his colleagues are currently developing a treadmill-based gait retraining intervention to improve gait symmetry in individuals with non-traumatic below-knee amputation. “Unlike those with traumatic amputation, individuals with non-traumatic amputation are, on average, older, more medically complex, and require additional rehabilitation after amputation,” says Kline. “Asymmetries in gait patterns are a persistent problem for these individuals and contribute to limited physical function and the development of additional orthopedic conditions. At this time, we are primarily testing the feasibility of implementing this intervention.”

Like Kline, PhD candidate Matthew Miller, PT, DPT, NCS is committed to filling a gap—his thesis research is focused on a population that is not commonly studied. “I’m working on a project that’s looking at psychosocial factors and how they influence disability outcomes after dysvascular amputation,” explains Miller. “My goal is to highlight how the experience of amputation is different between dysvascular amputation versus traumatic amputation. The results of this study will help tailor interventions to a population that is commonly understudied. Furthermore, psychosocial factors like self-efficacy are usually unaddressed during rehabilitation after amputation. If we find that specific psychosocial factors relate to disability, we can tailor the intervention to address those things.”

Assisting Miller is DPT student Lynn Froetscher. As a student research assistant, Froetscher completes tasks such as data entry and her experience enhances classroom discussions. Froetscher explains, “A lot of the outcome measures that the PhD students or post-doctoral researchers use in their studies are the same as those that we discuss in class. The Timed Up and Go, the 2 Minute Walk Test, the 5 Meter Walk Test, and even the Prosthesis Evaluation Questionnaire (Mobility Subscale) are all measures that we’ve discussed in class that I get to see in use with actual participant scores.” Froetscher adds, “We spend a lot of time in class critiquing and analyzing research articles and it’s really helpful to have a concrete example and some background information of how research is performed.”

In 2017 PT Program faculty were awarded nearly \$1.5 million in outside funding. This amount includes a research grant awarded by the National Institutes of Health, a NIH Fellowship, funding to support research within the Veterans Health Administration, and more.



Joel Larmore

Since its inception in 1947, the CU Physical Therapy Program has educated and trained over 2,000 therapists. Many of these alumni, like Joel Larmore (Class of 1970), have become leaders in the field of physical therapy.

Larmore credits the PT Program and faculty members like the late Jim Clinkingbeard, who Larmore considered a mentor and role model, as foundational to his success. “Really my time at CU absolutely set the path. Even at the time that I enrolled in the PT Program I wasn’t sold on that’s what I was going to be,” says Joel. “Thankfully it put me on the career path that I’ve had for 47 years.”

Larmore’s career includes founding RehabVisions in 1983 along with his brother. Based in Omaha, Nebraska, RehabVisions staffs and manages therapy departments for hospitals, skilled nursing facilities and home health agencies in 11 states. Larmore is currently the company’s president and CEO.

Reaching this point in his career took exploration. “My advice to students is that they not make a decision to specialize or get themselves locked into one particular area of practice,” says Larmore. “Initially, I was interested in sports medicine and orthopedics. However, giving myself some time to explore different areas of practice was very beneficial. For me it was rural physical therapy practice—it really opened my eyes and I never did get back to pure orthopedics or sports medicine. Now that’s what my company does—specializes in rural settings. I think the time to explore really helped me in shaping my career and success.”

After several decades away, Larmore’s former classmate Linda Hannen encouraged him to become re-acquainted with CU. Larmore jokingly explains, “About 5 or 6 years ago, Linda pestered me until I agreed to come out and take a look at what was going on at CU.” As he familiarized himself with the curriculum and met the Program’s faculty, he was impressed with what he saw and inspired to get involved. Eventually he joined the Program’s Scholarship and Endowment Advisory Board and has served as its chair for the past two years.

During Larmore’s tenure as chair, the PT Program’s endowment experienced impressive growth and is making a greater impact on the lives of the Program’s students. At the advisory board’s founding, the Program was distributing \$1,000 annually in scholarships. Today, the Program awards more than \$120,000 each academic year. The value of the total endowment has grown by more than 200 percent since 2015. In addition, Larmore has helped recruit other board members who are equally committed to advancing the PT Program. Recent additions include Martha Schram (Class of 1973), Buck Hutchison, and Sue Anschutz Rodgers.

Larmore encourages other alumni to give back. He says, “Re-explore your connection with the curriculum and the impact it has had on your own careers. Once you do that, it becomes easier to give back.” Larmore also reminds alumni that no contribution is too small. “Even small gifts end up accumulating and become very meaningful.”



Photo: Mr. Larmore with fellow PT Program Alumni at the 70th Anniversary Celebration.

*To learn more about giving to the PT Program visit our website at **cuphysicaltherapy.org** and click on Donate in the main menu.*



Photo: Physical Therapy Program Class of 2017

Philanthropic Impact: Student Scholarships

As the CU PT Program's endowment continues to grow so does our ability to invest in the promising careers of the future leaders in our field. In 2017 the following students were awarded scholarships:

Combined Sections Meeting Scholarships: Meredith McGuire and Robert Will (Class of 2017)

CU Medicine Scholarships: Kourtney Betts, Jillian Milke, Kevin Morris and Jillian Whited (Class of 2018)

CU Medicine Diversity Scholarships: Abigail Chris, Shiyang Fu and Phillip Turner (Class of 2019)

CU Medicine Rural Scholarships: Tessa Mikesell, Rebecca Miller and Abigail Simpson (Class of 2019)

CU Merit Scholarships: Melissa Darnell, Hayley Harryman, Pavarsdeep Singh and Elizabeth Rosenfeld (Class of 2019)

Joanne Posner-Mayer Dance and Performing Arts Scholarship: Alana Hutchinson (Class of 2019)

Joanne Posner-Mayer Diversity Scholarship: Matthew Jones (Class of 2019)

Physical Therapy Rural Scholarships: Kirsten Allen, Sarah Zugalla (Class of 2017) and Caitlin Marcus (Class of 2018)

National Western Stock Show Trust Scholarship: Abigail Simpson (Class of 2019)

Clinical Education: Learning in the Context of Practice

By Jenny Rodriguez, PT, DPT, DCE



The University of Colorado's DPT Program prepares graduates to be competent physical therapists. To that end, the Program includes a robust clinical education (CE) component designed to provide both breadth and depth of experiences. 2017 has been another eventful and productive year for the CE Team. The following are a few highlights from the past year as well as goals for 2018 and beyond.

CE CURRICULUM UPDATE

The CE yearlong internship experience offers students the unique opportunity to develop competence and confidence in their clinical skills both before and after graduation with ongoing guidance and mentoring from experienced clinicians to provide a more seamless transition from student to new professional. Preliminary feedback from our first group of interns was positive. We are working to provide interns and mentors with additional guidance and support during the post-graduation phase of the experience and are gradually developing a consistent cohort of clinical education sites. The CE Team is completing detailed analyses from focus groups and interviews that will guide future planning.

CLINICAL FACULTY DEVELOPMENT

The CE Team provides professional development for clinical instructors (CIs) to enhance clinical teaching and clinical skills. This includes content-specific update courses, training for specific clinical education experiences (such as ICE and CE III/Internship), as well as the APTA CI Credentialing Courses. Several CIs attended the following courses offered during 2017, in the Denver area and rural CO:

- 3 Basic Level Clinical Instructor Credentialing Courses (in collaboration with Regis University)
- 1 Advanced Clinical Instructor Credentialing Course
- 1 Update Course on Electro-therapy and physical agents
- 1 Update Course on Clinical Practice Guidelines for the Lumbar Spine

SCHOLARLY ACTIVITY IN 2017

The PT Program continues to build its reputation as a leader in clinical education, and members of the CE Team presented at local, regional, and national conferences on various topics including academic-clinical partnerships; application of acute care competencies in clinical education; using formative feedback; a toolkit for the Collaborative CE Model; and using clinical narratives during clinical experiences. Additionally, CE Team research was published in the *Journal of Physical Therapy Education*:

Covington K, Myers K, Rodriguez J. Exploring DPT Students' Perceptions of Team Function in a Collaborative Integrated Clinical Education Experience. *Journal of Physical Therapy Education*, 2017;31(3):37-44.

GOALS FOR 2018 AND BEYOND

During the fall of 2017, the CE Team held our annual strategic planning meeting and 2018 promises to be another busy and productive year. We remain committed to building a culture of excellence in all aspects of our CE Program and recommendations from the following three national initiatives will provide the Team with guidelines in this pursuit for excellence:

- 1) Physical Therapist Education for the 21st Century (PTE-21): A National Study of Innovation and Excellence in Academic and Clinical Education
- 2) Clinical Education Summit (ACAPT) Working Groups
- 3) Best Practices for Physical Therapist Clinical Education (APTA HOD)

The Team will also focus on re-convening the CE Advisory Committee to assess the new curriculum, including the internship. We aim to increase the number of clinical sites offering the yearlong internship and internship-residency, streamline the clinical instructor trainings into a user-friendly format, and develop clear benchmarks and standards for the CE Program. Moreover, we will be busy preparing for accreditation review that will take place during the 2019-2020 academic year.

We hope that 2017 was a good year for all and look forward to working together in 2018 and beyond. We are grateful for the support from our many clinical partners.

Welcome New CE Team Members

In 2017 we welcomed two new members to our Clinical Education Team:



Joe Palmer, PT, DPT, Assistant Director of Clinical Education

Joe joined the CE Team on September 1 after serving as the Director of Clinical Education for the past 5 years at Eastern Washington University in Spokane, WA. With this experience, he was able to hit the ground running and quickly became an integral member of our team. Joe and his wife Natalie are Colorado natives and are excited to be back home. He loves spending time with his family (Natalie and two teenage daughters) and enjoys all the beauty and recreation opportunities the mountains provide. Joe also enjoys multi-sport events as well as running and cycling. His diverse experience, in and out of PT, has allowed him to work well with CI's and students in a variety of clinical practice settings. Joe is passionate about clinical education and looks forward to meeting all of our clinical partners as they assist in educating the next generation of PTs.



Jacob Austin, BA, Program Assistant for Clinical Education

Jacob joined the CE Team in June and quickly adapted to the complexities of the Clinical Education Program. His college degree in speech and communication has prepared him well for being the liaison between the CU PT Program and our many clinical partners. Jacob loves the challenge of learning new things and streamlining our processes while getting to know our students and interacting with our wonderful clinical instructors.



Erin Hannigan

Talk about what you were doing before you started in the PT Program and what attracted you to the profession of PT.

Research has been an interest of mine. While pursuing a BA at Bard College, I was initially catching eels, crawfish and leaves in a Hudson River tributary. Eventually at Bard and then at Rockefeller University, I was examining auditory hair cell development and regeneration using zebrafish as a model system. I later obtained a Master's in Neuroscience at the University of Wisconsin-Madison, focusing on neural development.

My time spent conducting research was rewarding, but I came to feel static in my development as a researcher and desired the opportunity to directly contribute to peoples' wellbeing. I spent a year shadowing and speaking with various medical professionals. This experience granted me the assuredness that as a physical therapist I would be aptly positioned to care for and improve patients' lives.

I have been a lifetime athlete with more broken bones and chronic injuries than I care to remember, and often took charge of my rehabilitation from sports injuries. At the extreme, I reduced my own fractures, made some questionable splints and often, through painful trial and error, devised systems to recover and remain active. Had I known physical therapy was an option, I expect things would have been less painful for me.

What attracted you to the CU PT Program?

CU's progressive thinking caught my eye. The PT program suggested an institutional commitment to progress and evidence based practice. Sure enough, this priority was reflected in the curriculum. Having spent years conducting research with the hope to contribute to a body of work that would inform future medical treatments and improve people's lives, I found the focus on evidence based practice to be personally and professionally meaningful.

I think this program's greatest strength is its people. I was won over by students and faculty where I saw shared priorities and mutual respect. Engagement with the community was clearly a shared purpose and was manifested in projects like the DAWN and Stout Clinics, Night Owls, the Nicaragua program and health screens for rural communities.

What do you hope to do once you complete the program?

My future goals are twofold. One, to develop into a high-quality pediatric physical therapist with a clinical focus on functionality and two, to lead community-based preventive programs in neighborhoods that traditionally have less exposure and access to physical therapy.

To develop into a high-quality clinician, I would like to pursue a pediatric residence. My expectation would be to develop a greater understanding of the experiences families go through and the resources available to them as they navigate the health care system. After speaking with students in CU's pediatric physical therapy program, it is clear to me that they are proficient in translating clinical skills into treatments with meaningful results. Additionally, these students are more effective liaisons to other resources within and outside the medical professions and serve as formidable patient advocates.

Our health care system is not doing enough to ensure minorities, low-income and rural communities receive the care they need and I think physical therapy lacks visibility. People don't know who we are and what we do. It is my goal to establish partnerships with community leaders to build programs that emphasize prevention and provide interventions and support. I am trying to develop this skillset and build connections here at CU that will hopefully lead to a sustainable program and positive interactions benefiting our local community.

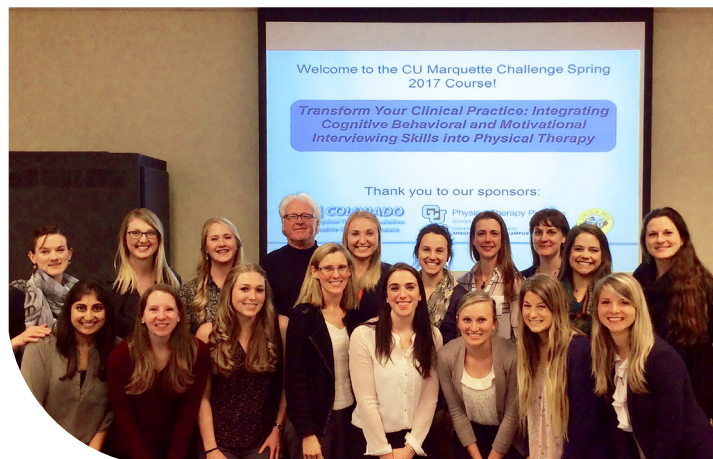
Marquette Challenge: CU PT Raises Over \$6,000 for Research

As part of the 2017 Marquette Challenge, students of the CU Physical Therapy Program helped raise \$6,117.74 to benefit physical therapy research. This year's Challenge included continuing education courses taught by Kristin Archer PT, DPT, PhD and Stephen Wegener, PhD from Vanderbilt University and Shirley Sahrmann PT, PhD of Washington University in St. Louis.

Since 2006, the CU Physical Therapy Program has participated in the Marquette Challenge—an annual grassroots fundraising effort to support new investigators in the field of physical therapy research. Each year, a new group of PT Program students coordinates and carries out CU's participation in the Challenge.

To rise to the Challenge, students organize continuing education courses with proceeds benefiting the Challenge and its goal. With its decade of participation, CU has raised nearly \$94,000.00, earning it a spot in the Foundation for Physical Therapy's Cornerstone Society.

Thank you to the students, faculty, staff, alumni and others who help make CU's participation in the Marquette Challenge a success!



Visit our website at **cuphysicaltherapy.org**
for a list of upcoming events including Marquette
Challenge continuing education courses.





Alumni Association Letter

First of all, thank you to all of the alumni, students, faculty and staff, donors, and friends of the CU PT Program who attended the 70th Anniversary events in September. It was wonderful to see such a great turnout. The CU PT Alumni Association (PTAA) was proud to support such a fantastic celebration.

Over the past year, the PTAA has been successfully building our CPR courses on campus by increasing the number of trained instructors. We hope to offer even more courses on campus in 2018. Additionally, we continue to offer support for our current students with events like our ice cream social, mock interview breakfast, and graduation party, and have seen increases in engagement on the student level as a result. We also look forward to finalizing the details of our next annual alumni reunion, so keep an eye out for upcoming information to join us in 2018!

Looking to the future, there are several initiatives and updates that we've been working on. In addition to continuing to build our CPR courses, one of our most exciting projects is the development of the PT Student Toolkit Scholarship. Our goal is to create an opportunity for alumni and friends of the Program to support incoming first-year PT students with a kit that would include basic tools used as physical therapists, and that the students will learn to use while in the PT Program. The kit will include items like goniometers, blood pressure cuffs and stethoscopes, reflex hammers, etc. This opportunity will allow donors to have a tangible gift for incoming students in the Program. We are still in the process of creating this opportunity, but hope to begin accepting donations sometime next year.

The upcoming year will also include officer elections for the CU PT Alumni Association Board of Directors. We will be holding elections for both the president and president-elect positions in July of 2018, and are currently searching for candidates. In addition to our officer elections that occur every two years, we are continually looking for alumni who want to become engaged at a different level by joining the Board of Directors. Alumni can participate both in person, as well as via conference call, so no matter where you may be located, you can join us. Help us make a difference for our alumni, our students, and our profession. Please contact cupt.alumni@ucdenver.edu for more information, or to be included in our slate of candidates for next year's election.

I am proud of all that the PTAA has been able to accomplish, and look to our alumni and students for continued support and input. Please let us know if there is ever anything that we can do to serve you better. I look forward to seeing you at a future event!

Alyssa Arms, PT, DPT, OCS

President, University of Colorado Physical Therapy Alumni Association

Welcome New Alumni

During a Dec. 16, 2017 ceremony, 70 students received their doctor of physical therapy degree. On behalf of the University of Colorado Anschutz Medical Campus, we congratulate each of you and welcome you to the CU Physical Therapy Program Alumni Association.

Kirsten Allan	Hannah Jolley	Nina Rostrup
Bethany Aluise	Laura Jorgensen	Sameera Sanghvi
Mark Andersen-Nissen	Jenna Kaspari	Marissa Shinstine
Joshua Arguello	Stephanie Kerbel	Victoria Snell
Rachel Armstrong	Kevin Kohl	Michelle Stauffer
Carol Baym	Annessa Kohlhardt	Hayley Taylor
Angela Besel	Elodie Kruk	Jessica Tietjen
Krista Brown	Kalina Larson	Mitchell Todd
Colleen Buffington	Arielle Levy	David Treichler
Brian Burkhardt	Elysse Marcuccella	Michelle Vien
Robert Denniston	Meredith McGuire	Emma Wallace
Matthew DeStefano	Kyle Miller	Jennifer Whiddon
Mattie Dornback	Eve Monrad	Robert Will
Audrey Dorshimer	Nicole Monteith	Rachel Willard
Stephanie Ehrlich	Danae Morton	Laura Williams
Kaitlin Forthofer	Michelle Oberndorf	Paige Williams
Barbara Gabrielle Frota	Emily Osga	Melissa Wynne
Nicole Grimm	Juan Pantoja	Phil Yoon
Hanna Gustafsson	Michelle Pineda	Cassandra Zahn
Samantha Harmon	Sarah Poinski-McCoy	Sarah Zugalla
Karen Hayter	Tyler Pollock	Katherine Zuppann
Sierra Hill	Molly Quinn-Shea	Courtney Zwetsch
Michael Himawan	Kelsey Reichert	
Madison Johnson	Richelle Reynoso	

A special congratulations to the following graduates who received awards:

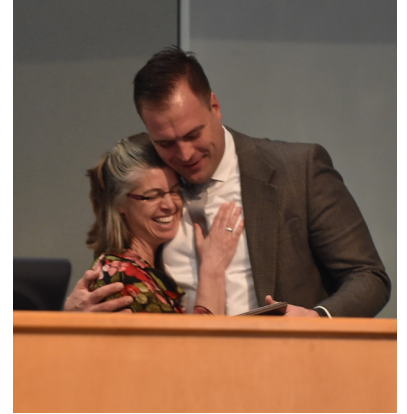
Mary Gosnell Award for Clinical Excellence – Ariel N. Levy, DPT

Herbert J. Levy Humanitarian Award – Robert Teddy Will, DPT

Outstanding Doctor of Physical Therapy Student Award – Carol Lis Baym, DPT

Altruism in Action Award – Michael Anthony Himawan, DPT

Richard D. Krugman Award – Michael Anthony Himawan, DPT





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