



In Touch

UNIVERSITY OF WISCONSIN-MADISON PHYSICAL THERAPY PROGRAM
ALUMNI NEWSLETTER • WINTER 2007



A Message from the Program Director

Lisa Steinkamp, PT, MS, MBA

Well, by the time you get this newsletter, it (hopefully) will no longer be winter. I realize it is late and I thought about skipping it altogether but we do have some important news items. First of all, we are getting close to DPT approval. The Authorization to Implement the DPT degree was approved by the School of

Medicine and Public Health and will be presented to the University Academic Planning Council in March. If approved, it will go to the Board of Regents in May. Our DPT curriculum and budget have both been approved. So, I hope to make an announcement in the next newsletter that we are beginning the DPT. In the meantime, our fall Meet the Program session was packed, and our Admissions Committee is reviewing a record number of qualified applicants.

We continue to engage in numerous interdisciplinary activities and recently sat down with the Occupational Therapy Program to identify labs we could combine, especially those involving live subjects. Speaking of live patients, students began using the Clinical Teaching Assessment Center this year, working with standardized patients

from the community and reviewing videotapes of their performances. The Health Care Management and Policy course is being taught in conjunction with the Masters in Public Health Program, and the future DPT courses on clinical medicine are going to utilize content from the Physicians Assistant Program. Working with these other programs has also taught us the value of lecture capture, and we are in the process of installing technology that will allow us to synchronize audio with power point slides so that lectures can be shared over the internet. Other interdisciplinary news is that we recently added the Salvation Army shelter for women and children to our MEDiC outreach program. We will hold a faculty referral clinic once a month where our students will work with medical, pharmacy, nursing and physician assistant students.

In the Faculty News section, I am pleased to present our latest addition, Karen Patterson PT, MS, PCS. Karen was hired to take the place of Valerie Clevenger, who has returned to full-time clinical practice. Karen has played a key role in plans for physical therapy in the new American Family Children's Hospital and will continue to play a part-time role there. Karen will co-teach in the neuro tract courses; her research is also described.

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PT students visit the UW-Whitewater wheelchair basketball team.

Student News

Who are we?

- With regards to cultural/ethnic diversity: in addition to representing the culture and ethnic diversity of Wisconsin, we have students from Belarus, China, Iraq, India and Turkey.
- With regards to undergraduate degrees: half of our students have degrees from UW-Madison, a third are from other Wisconsin universities, and the rest are from out-of-state.
- With regards to undergraduate majors: Kinesiology and Exercise Science are the most popular, followed by Communication Arts, Engineering, Environmental Studies, History, Music, Political Science and foreign languages.

The focus of this past fall's fundraising was to raise money to attend the APTA Combined Sections Meeting in Boston. One means of doing this was by the Phi Theta Student Service Organization co-sponsoring a continuing education conference with the WPTA Southwest District, where faculty member Dr. Heidersheit presented on "Differential

Diagnosis and Clinical Management of Common Running Injuries." To get students ready for CSM, faculty member Judy Dewane devised an APTA trivia contest where students won APTA section memberships from various faculty members. Students also worked concessions at men's basketball games, rang bells for the Salvation Army, held a holiday food drive with OT students, a clothing sale, a Bucky Book sale, and a massage fundraiser. Outreach beyond the MEDiC clinics involved working with Expanding Your Horizons in Math and Science for Middle School Girls (with a record 430 participants); a Women in Health Care High School Seminar; on an undergraduate health careers panel; with a Kinesiology Club function; and with a health careers camp. Fun activities included participating in Dean's Cup activities with the medical students against law school students, a ropes course, hockey game, and holiday party. I plan to highlight student scholarly activities in the next newsletter.



(Above) PT students learn first-hand from a community member with paraplegia. (Left) PT students practice foot and ankle examinations.

Welcome Karen Patterson, PT, MS, PCS!

Karen is originally a native of the Chicago area. She received her bachelor's degree in Athletic Training from Indiana University and her master's degree in Athletic Training from the University of North Carolina. Karen worked for six years as an Athletic Trainer, four of which were spent as Associate Head Athletic Trainer at the College of William and Mary. She spent summers working for the United States Olympic Committee with various events, including traveling with the U.S. National Women's Soccer Team to the World University Games.

Karen received her master's degree in Physical Therapy in 1996 from the University of Indianapolis. She found her passion in working with children during PT school, and following graduation, she worked for 2½ years on the Navajo Reservation for the Indian Health Service as Pediatric Coordinator in an acute care hospital. Karen then spent one year working in the western part of North Carolina for the state Developmental Evaluation Center servicing Birth to Three in the Appalachian mountains. She returned to the midwest and spent 2½ years at the Rehabilitation Institute of Chicago in Pediatrics. Karen moved to Madison in summer of 2001 and worked in the school system for a year before taking a position at the University of Wisconsin Children's Hospital as a Senior Physical Therapist. She received her Pediatric Specialist Certification in 2003.

Karen will continue to work half-time at the Children's Hospital, where she will continue her research on "Project Cure Spinal Muscular Atrophy (SMA)," which is a collaborative initiative that

began in 2002 between families who have children with SMA and Clinical Investigators. Phase II began in May 2005 and involved a clinical trial of valproic acid and carnitine in children with SMA Type II. This study focuses on increasing the protein SMN, which is missing in children with SMA and causes the loss of motor function. The University of Wisconsin Children's Hospital, under the direction of primary investigator Dr. Mary Shroth, is one of seven facilities involved in this study, including Johns Hopkins Medical Center, Children's Hospital of Philadelphia, Children's Hospital of Michigan, Centre de Recherche de l'Hopital Sainte-Justine (Montreal), University of Utah, and Ohio State University. Karen's role, along with Janine Bessemer, PT, is to conduct gross motor functional assessments every 3-4 months on children as they progress through the year-long double-blinded trial. Families travel from all over the country to participate in this study.



The PT Program welcomes new faculty member Karen Patterson, PT, MS, PCS.

Congratulations to Barbara Morgan, PT, PhD, on your promotion to Professor!

The PT Program has always been grateful for Dr. Morgan's wealth of knowledge and wisdom, and now she has been recognized for her work through her promotion to Professor. Dr. Morgan started as an Assistant Professor in 1991 and was promoted to Associate Professor in 1997. She served as the PT Program Director from 1994-1996. Dr. Morgan was responsible for developing the cardiovascular and pulmonary PT course and was instrumental in the development and implementation of the MPT curriculum. In addition to teaching 18 cohorts of entry-level PT students, she has been a research advisor for six advanced master's degree students and one PhD student, and has served on thesis committees for another four master's and seven PhD students. In September, Dr. Morgan was a grant reviewer for the National Heart Lung and Blood Institute in Washington, DC.

Faculty News

Jill Thein-Nissenbaum was mentioned in the December 2006 PT Magazine for her involvement in the Female Triad Coalition, which represents medical, nursing, athletic, and sports medicine groups, along with individuals interested in promoting optimal health and well-being for female athletes and active women. The coalition formed in 2002 as a group of national and international organizations dedicated to addressing bone health, unhealthy eating behaviors, and hormonal irregularities among female athletes and active women. The female athlete triad involves three interrelated health problems seen in women—low energy, menstrual disorders, and weak bones. These problems may present in extreme cases as eating disorders, amenorrhea, and osteoporosis. More information can be found at www.femaleathletetriad.org. Jill is one of two APTA representatives at annual coalition meetings. Jill's current research involves data collection from

three local high schools addressing the prevalence of disordered eating, menstrual dysfunction, and musculoskeletal injuries in high school female athletes. Jill has also been appointed as the Read for Credit (RFC) Coordinator for the Journal of Orthopaedic and Sports Physical Therapy.

Jill Thein-Nissenbaum, Jill Boissonnault, and Reenie Euhardy were featured in an article on physical therapy and wellness in the October issue of Wisconsin Woman magazine.

Jill Boissonnault taught a seminar on obstetrics in Portland, Oregon and ethics seminars to UW Health staff in Madison in November, and clinicians in the Fort Atkinson area in January.

Reenie Euhardy and Sue Wenker gave a course on dementia this fall in Fond du Lac.

Kristi Hallisy just returned from Costa Rica, where she studied Tai Chi as part of her doctoral research.

Bill Boissonnault presented research on teaching thrust joint manipulation to the American

Academy of Orthopedic Manual Physical Therapists (AAOMPT). He and **Bryan Heiderscheit** received a grant from the AAOMPT to investigate the potential association between thoracic spine and rib cage dysfunction and exercise-related transient abdominal pain in runners. Bill was recently elected as Vice President of the Physical Therapy Foundation. He continues his responsibilities as a Wisconsin Delegate. Bill is also getting his t-DPT from Massachusetts General Hospital Institute of Health Professions.

Bryan Heiderscheit's Neuromuscular Biomechanics Laboratory was featured on television through UW-CREATE during the January 24th men's basketball game.

Recent Publications

Xie A, Skatrud JB, **Morgan B**, Chenuel B, Khayat R, Reichmuth K, Lin J, Dempsey JA. Influence of cerebrovascular function on the hypercapnic ventilatory response in healthy humans. *J Physiol*. 2006;577:319-329.

Badke MB, Dussault L, **Boissonnault W**. Influence of symptom longevity on outcomes following a customized rehabilitation program for temporomandibular disorders. *Physiother Can*. 2007;59(1):10-21.

Plisky MS, Rauh MJ, **Heiderscheit BC**, Underwood FB, Tank RT. An epidemiological investigation of medial tibial stress syndrome among high school cross country runners. *J Orthop Sports Phys Ther*. 2007;37:40-47.

Silder A, Whittington B, **Heiderscheit BC**, Thelen DG. Identification of passive elastic joint moment-angle relationships in the lower extremity. *J Biomechanics*. (in press)

McClinton S, Donatell G, Weir JP, **Heiderscheit BC**. Onset timing of vastus medialis and lateralis at different weightbearing knee angles. *J Orthop Sports Phys Ther*. (in press)

Anderson Vorpahl K, O'Leary K, **Heiderscheit BC**. Cushioned insoles reduce impacts during running. *J Am Podiatr Med Assoc*. (in press)



In Touch is published twice annually by the University of Wisconsin-Madison Physical Therapy Program, a Section of the Department of Orthopedics and Rehabilitation.

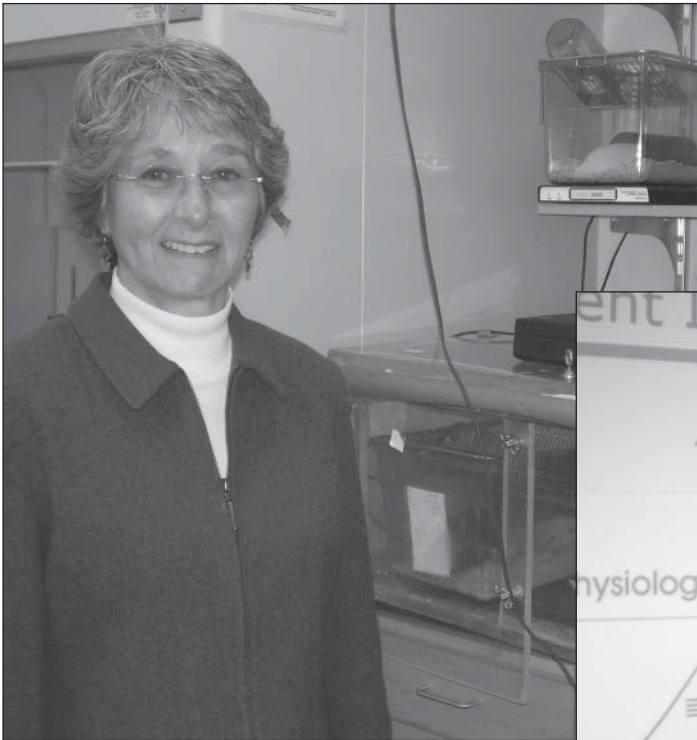
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(Below) Dr. Heiderscheit teaches the science behind movement injury. (Left) Dr. Morgan in her lab.



Recent Research Presentations

Silder A, Whittington B, **Heiderscheit BC**, Thelen DG. The characterization of passive elastic joint moment-angle relationships in the lower extremity. Biomedical Engineering Society, Chicago, IL, Oct 2006.

Farron JW, Varghese T, **Heiderscheit BC**, Thelen DG. Tracking of aponeurosis motion during voluntary contractions of the tibialis anterior muscle. International Tissue Elasticity Conference, Snowbird, UT, Oct 2006.

Recent Grants

Dr. Heiderscheit is Principal Investigator on the following two new grants:

Title: Continuous Motion Analysis of the Cervical and Lumbar Spine

Source: Medtronic

Description: The purpose of this two-year project is to characterize the motion in the cervical and lumbar spine during normal daily living in both healthy individuals and those with various spinal disorders (e.g., cervical myeloradiculopathy, chronic discogenic low back pain and lumbar spinal stenosis with degenerative spondylolisthesis).

Title: Identifying Thoracic Spine and Rib Origins of Exercise-Related Transient Abdominal Pain

Source: American Academy of Orthopedic Manual Physical Therapy

Description: This one-year study will determine if the incidence of thoracic spine and rib cage dysfunction is greater in subjects with exercise-related transient abdominal pain compared to controls. The findings from this study will then be used to design a follow-up investigation involving the treatment of exercise-related transient abdominal pain using common physical therapy interventions.

Save the Date!

November 2-3, 2007 for The UW-Madison Visiting Lecturer/Alumni Event

Schedule of Events

Friday, November 2: Come mingle with your classmates at the Kohl Center and attend a men's hockey game.

Saturday, November 3: Attend the 2007 Visiting Lecturer, Anthony Delitto, PT, PhD, and a reception at the Health Sciences Learning Center. The Margaret Kohli Award will also be presented during this function.

Please RSVP so we can plan for this event!

Submit your Nominations for the Margaret Kohli Award for Outstanding Contributions to the Physical Therapy Profession!

This award honors the contributions of Professor Emerita Margaret A. Kohli, who served for 37 years as Director of the UW-Madison Physical Therapy Program.

Criteria include the following:

- Must be a graduate of the UW-Madison PT Program (Certificate, BS, MPT, DPT)
- Must have made significant contributions to the PT profession through clinical excellence, professional service, research, and/or teaching.

Please contact us with your nominations by JUNE 1, 2007. Letters should include the above criteria and contact information for the award candidate.

Other Alumni News

Mary (Gresbach) Van Hoorn (Class of 1960) is practicing part-time in Maine. She would like to gather addresses from members of the Class of 1960. You can contact her at P.O. Box 160, Columbia Falls, Maine 04623.

Katherine Menke Scott (Class of 1960) was excited to be able to reconnect with Mary Van Hoorn (above)! They were roommates in NYC.

Mike Lenser (Class of 1974) served as a PT/ATC for the USA Women's Wheelchair Basketball Team at the Gold Cup/World Championships in Amsterdam from July 1-20, 2006.

Shannon (Deinger) Kunstman (Class of 1991) Hello Class of 1991! I wanted to let all of you

know that I had great intentions of organizing a 15 year class reunion last year, but then, baby #3 arrived! I still want to reunite our class, so I am hopeful that we can organize a 20 year reunion! As far as life, my husband, Dave, and I live in Madison, and have three children, Ella (4 ½), Sophie (2 ½) and Josh (6 months). I am currently doing prn OPPT while staying home with my family. I hope life is good with all of you. See you all in 4 years!!!!

Shannon Buhs (Class of 1995) started a Women's Health PT Program at Olathe Medical Center, KS, which now has three full-time PTs. She developed a pre/post-natal fitness program at a local gym and has given several lectures to PTs, PT programs, and other health professionals. She is also engaged and planning a wedding for May 12, 2007.

Elizabeth (Travis) Russell (Class of 1995) recently traveled to India to treat patients with lymphedema (her specialty area).

Natalie (Kohn) Blonien (Class of 1998) passed her NCS in 2006.

Stacia Schmidt (Class of 2002) graduated in May 2006 with a DPT from Concordia University.

Mary Arena (Class of 2004), Kristen Anderson (Class of 2005), and Kyle Cook (Class of 2006) are enrolled in the UW-Milwaukee t-DPT Program.

Shannon Flood (Class of 2006) served as a volunteer for the 2006 APTA Conference and Exposition in Orlando and is now working in Naples, FL.

In Memoriam

Susanne B. Hirt (Class of 1948) passed away on September 17, 2006.

Mary Jane Meng, Assistant Professor Emeritus, passed away on August 21, 2006. Although Ms. Meng retired from the UW-Madison Physical Therapy Program in 1986, she continued to make significant contributions to the PT Program through an endowment fund that supports our annual Visiting Lectureship. A memorial tribute to Ms. Meng was read at the UW-Madison Faculty Senate meeting on September 26, 2006.

A Message from the Program Director

...Continued from page 1

Please note that we have changed our Visiting Lecturer format for this year. Instead of spring, we thought we would hold it in the fall and combine it with an alumni event. Save the weekend of November 2-3, 2007. We will plan to have a reception and attend a men's hockey game on Friday, November 2 and have the lecture and brunch on November 3. In addition, we have established the Margaret Kohli Alumni Award for Outstanding Contributions in Physical Therapy. We are soliciting nominations now! Please read more about this on page 6.

Finally, on behalf of the PT program, I would like to thank all the people who have helped us out, whether it be on a regular basis like the staff at the Central Wisconsin Center, Barb Luedke, PT; Colin Grove, MS, PT, NCS; Valerie Clevenger, PT, MS, PCS; Marcella Andrews, MPT; Dawn Ransom, MPT; Kristin Traino, MPT; and Terry Shea, PT (who just passed both her GCS and NCS exams!); or Dr. John

Harting; Jacob Spiro, PT; and Angie McConkey, PTA; who all helped with teaching last semester. This year, Laurie Barger, PT and Marcie Hyland, PT both assisted with inpatient labs in the medical school's Clinical Skills classroom. Then there are all the patients who travel to the PT Program to participate in labs, granting our students incomparable hands-on experience—thank you! We are truly blessed to be surrounded by all of you who not only have expertise but are willing to share it with our students. Sue Wenker and I traveled around the state last summer to meet with Clinical Instructors. If we did not meet with you and you would like to give us feedback, please feel free to contact either one of us!

Sincerely,



Winter 2007

Keep *In Touch!* We want to hear from you!

Name: _____

Name when you were a student (if different): _____

Address: _____

Telephone: _____ FAX: _____

E-mail: _____

Year of Graduation: _____

News: _____

The UW-Madison Visiting Lecturer/Alumni Event, November 2-3, 2007, RSVP Information

I would like to attend the UW-Madison Visiting Lecturer/Alumni Event on...

- Friday, November 2nd
- Saturday, November 3rd
- Both days

Please Mail to:

UW-Madison Physical Therapy Program • 5175 Medical Sciences Center
1300 University Avenue • Madison, WI 53706-1532

I would like my funds to go towards...

- The Physical Therapy General Fund
- The Visiting Lecturer Fund
- The Margaret Kohli Scholarship Fund
- The Jean L. Roland Scholarship Fund
- The Barbara Ellen Gerlich-Hoefeyzer Scholarship Fund
- The PT Student Scholarship Fund
- The Mary McKinney Edmonds Minority Recruitment Fund

Please make checks out to UWF-Physical Therapy. Mail to: University of Wisconsin Foundation
US Bank Lockbox
PO Box 78807
Milwaukee WI 53278-0807

- The Amelia Doyan Scholarship Fund
- The Caroline, Clara and Charles, Mildred Harper Scholarship Fund

Please make checks out to UWSA Trust Funds. Mail to: Lori Mills, UWSA Trust Funds, 780 Regent Street, Room 221, Madison, WI, 53708-8010

- The Phi Theta General Fund
- The Phi Theta Conference Scholarship Fund
- The Miami Marquette Challenge
- The Phi Theta Community Outreach Program
- The Phi Theta Student Resources Fund

Please make checks out to Phi Theta. Mail to: Physical Therapy Program, 5175 Medical Sciences Center, 1300 University Avenue, Madison, WI, 53706

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In Touch

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