THE LIFE & LEGACY OF HELEN HISLOP
A FAR-REACHING LEGACY

BY BETH NEWCOMB MPH ’13

Physical therapy lost a legend last year when Dr. Helen Hislop passed away at the age of 84. We take a look back at the life and legacy of the transformational figure who inspired a generation of physical therapists and changed everything we know about the profession. Plus: Meet Pamela Mikkelsen DPT ’14, the latest recipient of the Helen Hislop Endowed Scholarship.

5 THINGS TO KNOW ABOUT PATRICK MCCLENAHAN

BY JOHN HOBBS MA ’14

He’s the President and CEO of the 2015 Special Olympics World Games being hosted by USC and UCLA next summer. This spring, McClenahan will be the featured commencement speaker at the Division’s satellite ceremony. Learn more about the man who will be behind the podium.

BREAKING IT DOWN

Staying light on the feet can take a physical toll on dancers’ bodies. But what biomechanical factors contribute to dance injury? The Division currently has several research projects looking into how to prevent dance injury. In one such study, Dr. Kornelia Kulig and her team use an 11-camera motion analysis system, two high-speed cameras, four force plates and wireless electromyography equipment to determine the mechanical demands of certain moves on the body. Wired up with the technology, research subject Missy Moore strikes a balletic pose while biokinesiology Ph.D. student Danielle Jarvis collects the data. For more information, go to tinyurl.com/uscpifootloose.
A “SENSE OF LEGACY”

A few weeks ago, a visitor to the Division commented to me that she was impressed by the degree to which there is a strong “sense of legacy” among our faculty and students. I puzzled over that phrase a bit, and I asked her what she meant. She explained it as an awareness that our program’s current excellence does not derive only from our own efforts—but that we have at USC a tradition of excellence that has been handed down from previous generations of faculty, students and alumni.

I was a bit surprised by this comment, not because I was unaware of this appreciation for legacy at USC, but because we too often tend to take it for granted here—we assume that the Trojan sense of legacy is similarly strong at every educational program in the nation. But the more I thought about it, the more I realized that it is one of the qualities that makes our program unique, or at least uncommon. We have been extraordinarily lucky to have had great leaders in the past who built a strong foundation of excellence. Today we benefit intangible ways from that leadership. Every morning as I come to work and walk down the long hallway to our offices, I pass the portraits of Helen Hislop and Jacqueline Perry, two of our most important leaders. Thus, every day I am reminded that it took vision, courage, intelligence and hard work to build the excellent programs we have now.

However, what I told the visitor that day was that a sense of legacy is more than simply an appreciation of our history; it is also a sense of responsibility to nurture that legacy and indeed to enlarge and expand it. Thus we are inspired to demonstrate vision, courage, intelligence and hard work in order to pass on the legacy of excellence to the next generation.

A Native Angeleno, Stella Chung always dreamed of moving far away for college. Even if it didn’t quite work out that way, the USC sophomore pursuing a bachelor’s degree in communication with a minor in political science can’t imagine having gone anywhere else. As an Ostrow editorial intern, Stella is learning the ins and outs of creating a magazine from scratch. When she’s not interning, she is eating ice cream, binge watching Netflix or practicing her French and Spanish. This summer, she will be on an archaeology trip in Rome to excavate the ancient port town of Ostia Antica.

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FROM NEW YORK, WITH LOVE >> 17-19

BY YASMINE PEZESHKPOUR MCM ’17

We spotlight alumna Kathleen Bice ’69 who, despite all the years and miles, has remained a large part of life at the USC Division of Biokinesiology and Physical Therapy. Plus: Heather Wilson DPT ’14 is the latest addition to Sodales, a group of 14 Bice award- and scholarship-winning alumni.

CONTRIBUTORS

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Editorial Intern

CHRISTINA GANDOLFO

Photographer

ANNIE KWAN DPT ’14

Passionate Community Service Advocate

Associate Dean and Chair,
USC Division of Biokinesiology & Physical Therapy

Associate Dean’s Message

Features

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Video

Barefoot Running

Leaving the tennis shoes behind might just help runners avoid knee and lower leg injury. Initially made popular by Olympic gold medal-winning runner Abebe Bikila, barefoot running has really caught on among the pavement-pounding set. In their YouTube video, “The Science Behind Barefoot Running,” biomechanist Ph. D. candidates Rami Hashish and Sachithri Samarawickrama talk about their research on the phenomenon and how Western runners can best make the transition to shoeless running. Go to tinyurl.com/uscdptnoshoes to see the video.

Cold, Hard Splash

The USC DPT Polar Bears raised more than $500 for Special Olympics Southern California by jumping into the 60-something-degree waters off Marina del Rey, Calif. on Feb. 22. The team of eight joined more than 230 others for the Polar Plunge. In total, plungers raised $38,000 for year-round sports training and competition for people with intellectual disabilities. Above (L-R): Fei Jiang DPT ’14, Shannon Coughlin DPT ’14 and Christy Hudson DPT ’14

Los Yourself to Dance

Defying odds, biomechanist student Michael Rowley managed to actually perform Rudy Perez’s new dance work Unperformable alongside several other dancers for an evening dedicated to the groundbreaking career of the 85-year-old choreographer and dance pioneer. The event, which took place at the Ronald Tutor Campus Center, was one of the latest offerings of the USC Arts and Humanities Initiative. Read more at tinyurl.com/uscdptnoshoes to see the video.

Inbox

Dear InMotion:

My name is Kate Lochhead, and I work as an administrative assistant for Saint Louis University’s Program in Physical Therapy. SLU PT was selected to see [alumna] Dr. Jessica Curran featured in the My Inspiration column of your Winter 2014 edition!

Kate Lochhead

Administration Assistant
Program in Physical Therapy
Department of Physical Therapy and Athletic Training
Saint Louis University

Dear InMotion:

Just wanted to say “great job” on the last issue of InMotion. I really thought the focus on the international travel of faculty and graduates was interesting and great publicity for the program. The pictures and layout were wonderful. Well done!

Kathleen Rice ’94
Board of Counsellors
USC Division of Biokinesiology and Physical Therapy

Share your questions, comments or concerns by contacting Sara Villagran (svilla@usc.edu) or (213) 649-1113.

Inbox

MAY 3

ALUMNI EVENT

PT ALUMNI ASSOCIATION KICK-OFF EVENT

The PT Alumni Association kicks off its 50th anniversary by hosting its first continuing education course (“Too New: Patient Motivation Strategies You Mentor Couldn’t Have Taught You” taught by Drs. Rebecca Leowthwaite & Carolene Winstein.) PLUS: Mix and mingle afterward at an alumni reception.

DETAILS >> USC Health Sciences Campus

MAY 10

DIVISION

COMMENCEMENT AWARDS RECEPTION & CEREMONY

Celebrate the achievements of our graduating classes the night before commencement. PLUS: Take a self-guided tour of the division. DETAILS >> USC Health Sciences Campus >> Broad Lawn >> 7-7 p.m.

MAY 15

CONTINUING EDUCATION

SPINE REHABILITATION FELLOWSHIP SESSION II

This second session of the Spine Rehabilitation Fellowship examines issues related to pain management for patients with neck and back disorders with three two-day sections—A. “Education and Counseling for Patients with Neck and Back Pain,” B. “Explain Pain” & C. “Clinical Applications: Managing Special Pain.” Instructors: A. Dr. Joe Godges, B. Dr. Stephen Schmidt & C. Dr. Bob Johnson. 3 CEUs for each part. DETAILS >> USC Clinical Training Center, 8830 S. Sepulveda Blvd., 2nd Floor, L.A. >> More info: pt.usc.edu/continuingeducation

JUN 1

PROFESSIONAL MEETING

APTA NEXT CONFERENCE & EXPOSITION

New name, new altitude. But still the same great opportunities to network and listen to visionary McMillan and Maile lectures from some of the industry’s top names: DETAILS >> Charlotte Convention Center, 501 S. College St., Charlotte, N.C. >> More info: apta.org/next

(Calendar continues on page 23)
JAMES GORDON PREPARES TO DELIVER THE McMillAN LECTURE

BY JOHN HOBBS MA '14

Dr. James Gordon will become the fourth Trojan to deliver the prestigious Mary McMillan Lecture at this year’s American Physical Therapy Association’s NEXT Conference and Exposition from June 11 through June 14, 2014, in Charlotte, N.C. The associate dean of the USC Division of Biokinesiology and Physical Therapy plans to use his time at the pulpit to lay out the case for further strengthening the academic foundation upon which the entire profession has been built.

“The problem is we’re currently developing a two-tier system in which some physical therapy programs have strong, well-rounded research, education and clinical practices while others are only focused on education and are not performing on the same level,” Gordon said. “This system is inherently unstable and risks leading us away from what physical therapy needs in order to operate on the same level,” Gordon said. “This system is inherently unstable and risks leading us away from what physical therapy needs in order to operate on the same level.”

In preparation for his lecture, Gordon has read all the speeches that preceded his—including Hislop’s seminal speech as well as Dr. Carolee Winn-Aaron’s address from 2009 and Margaret Boyd’s from 1963.

Gordon is the 45th recipient of the award that was first given out in 1965. The lecture was established to pay tribute to Mary McMillan, a dedicated pioneer of physical therapy who was also a founding president of APTA as well as a highly-regarded teacher. McMillan passed away in 1959.

Just as Gordon’s lecture could potentially inspire the profession to greater heights, Gordon said he himself had been inspired by countless other individuals in his 40-year career, including fellow McMillan lecturer Robert Bartlett, Hislop and perhaps most formatively his own father, a physician who passed away in 2005.

“He didn’t particularly care that I become a doctor or lawyer or whatever,” Gordon said. “What he did care about was that you were committed to what you do and that your life had meaning.”

Gordon received his bachelor’s degree in physical therapy from State University of New York Downstate Medical College in 1963. He earned a doctorate of education in 1985 from Columbus University. He has held full-time faculty positions in the physical therapy departments of Columbia University, New York Medical College and USC. In 2000, he became Division chair before being named associate dean in 2006.

IN BRIEF

■ FISHER, WALLACE EARN ESTEEMED AWARDS AT APTA’S NEXT EXPO Associate Professor Beth Fisher M ‘00, PhD ‘09, walks away from the APTA’s NEXT Conference and Exposition a Catherine Worthingham Fellow. The award honors physical therapists who have pushed the profession forward, demonstrating leadership, influence and excellence. Dr. Fisher becomes the 10th Trojan to receive the distinctive title, joining fellow alumnus Bill O’Grady M ’72, who also receives the title this summer. The Division also celebrates John Wallace Jr. M ’81, the Board of Councilors Chair who received a Lucy Blair Service Award at the June conference. The award is given to physical therapists who have demonstrated outstanding service and advocacy for the APTA.

—John Hobbs MA ’14

■ DIVISION WINS NATIONAL STUDENT ADVOCACY CHALLENGE The Division scored a win at the 2013 Student Advocacy Challenge, after earning a record-setting 789 points. In all, 35 schools and nearly 400 students participated in this year’s competition. Held each year by the APTA, the Student Advocacy Challenge aims to get physical therapy students involved in policy making conversations on a state and national level. Participants also learn more about the legislative process and discover issues facing the profession.

—Mara Hyman ’14

■ WINSTEIN SPEAKS AT ARCADIA UNIVERSITY COMMENCEMENT Professor Carolene Weinstein M ’94 delivered a speech to the graduating physical therapy class at Arcadia University in Philadelphia earlier this year. In her speech, Weinstein stressed how important it was for the graduating students to adapt to healthcare changes and emerging technologies throughout their careers. With this commencement, the Arcadia physical therapy program celebrates its 30th anniversary.

—Mara Hyman ’14

■ VALERO-CUEVAS ELECTED TO AIME COLLEGE OF FELLOWS Francisco Valero-Cuevas, director of the Brain-Body Dynamics Lab, has been elected to the College of Fellows of the American Institute for Medical and Biological Engineering. The College of Fellows consists of more than 1,000 individuals who are leaders in bioengineering and have distinguished themselves in research, practice or education. Valero-Cuevas is a professor of biokinesiology and physical therapy and professor of biomedical engineering at the USC Viterbi School of Engineering.

—Mara Hyman ’14

■ DOCTORAL STUDENT ACCEPTED INTO PRESTIGIOUS WORKSHOP Kristamie Pratt, a biokinesiology Ph.D. student, has been accepted into the USC Graduate School’s Publication Writing Workshop for USC Doctoral Students. This competitive 10-week program helps doctoral students further develop their skills in research and professional development. Students take an unedited paper from a past course and learn to revise it into a publishable piece while sharpening their skills for articulating research in writing. Pratt’s research focuses on identifying lower extremity movement impairments following injury.

—Mara Hyman ’14

■ KULIG WINS DISTINGUISHED LECTURER AWARD Professor Kornelia Kulig was named the recipient of the Distinguished Lecturer Award by the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) at its 2013 business meeting. The award acknowledges Kulig for her distinct contributions to and leadership role in orthopedic manual physical therapy. The award will be presented at the 2014 AAOMPT Annual Conference in San Antonio. Afterwards, as is customary, Kulig has been invited to lecture on a topic of her choice.

—Mara Hyman ’14

LUCINDA BAKER WINS AMISTAD AWARD

BY BETH NEWCOMB MPH ’13

The Rancho Los Amigos Foundation honored Dr. Lucinda Baker, associate professor in the Division of Biokinesiology and Physical Therapy, with the Amistad Award during the 20th annual Amistad Gala at the Westin Hotel in Long Beach, Calif., on March 8, 2014.

The Rancho Los Amigos Foundation is a nonprofit organization that raises funds to support research, education, equipment and patient care at Rancho Los Amigos National Rehabilitation Center located in Downey, Calif. The Amistad Award—the highest honor the foundation can bestow—recognizes an individual who has demonstrated extraordinary commitment to serving Rancho Los Amigos and its patients.

Since the late 1990s, Baker has conducted research at Rancho Los Amigos within the Rehabilitation Engineering Center. Her research focuses on electrical stimulation for wound healing for patients with spinal cord injury and diabetes as well as rehabilitation of sensory and motor deficits for patients with stroke and traumatic brain injury. She is a primary voice on electrical stimulation, publishing many scientific articles and, along with co-authors from Rancho Los Amigos, writing a leading book on the subject, Neuromuscular Electrical Stimulation—A Practical Guide.

In addition to her prolific research career, Baker has earned a reputation as a trusted mentor to many clinicians at Rancho Los Amigos. She advises therapists in the Speech and Communication Disorders, Physical Therapy and Occupational Therapy departments on using electrical stimulation in rehabilitation.

“Her research has directly benefited Rancho patients both as participants in her studies and as recipients of improved patient care influenced by her research results and her long-standing commitment to teaching and mentoring Rancho’s therapists,” said Dr. Sara Mulroy, director of the Pathokinesiology Laboratory at Rancho.

Associate Dean and Division Chair James Gordon praised Baker for her long history of research and service to both USC and Rancho.

“She is an extraordinary individual, and we are all inspired by her,” Gordon said. “She is a very giving, service-oriented person. We’re thrilled that Rancho is recognizing her in this way.”

Baker said maintaining close relationships with both USC and Rancho has greatly enriched her career, providing her with valuable mentorship, research and clinical opportunities.

“Being recognized as a ‘Friend of the Ranch of Friends’ is very special. It has been my privilege to be able to work with several therapies at Rancho, not just the physical therapy department, but also the occupational therapists and the speech and language pathologists,” Baker said.

“This has provided me with a very balanced approach to patient care and an awareness of many patient needs for their restoration to life and physical activity. Being encouraged to continue my research, consultations and treatments at Rancho while actively teaching at USC has enhanced both of these contacts.”

IN MOTION 6 SPRING 2014
A year ago, his heart was failing. Now, 24-year-old Joe Alerta has a promising future ahead of him, thanks to a team of USC doctors, nurses, occupational therapists and physical therapists.

BY YASMINE PEZESHKPOUR MCM ’17

It was as if a parade had passed through the lobby of the Keck Hospital of USC. More than a dozen spirited people, including doctors, nurses, physical therapists and occupational therapists, milled around the balloon-decorated space, grabbing homemade cookies, laughing and taking pictures. It was a scene reminiscent of a celebration held just one year ago when Joe Alerta, 24, was released after undergoing heart transplant surgery.

Today, he was back not only to celebrate his one-year anniversary with the new heart but also to revisit the place he called home for five months in 2012. Alerta’s story began when his family doctors informed him that he had cardiomyopathy as a result of an enlarged heart. Doctors told him to see a specialist immediately because his condition could lead to sudden cardiac arrest. In November of that year, the physically active recording engineer and music promoter was brought to the Los Angeles County-USC Medical Center emergency room for chest pain and shortness of breath. Less than 12 hours later, his doctor’s fears became reality. Alerta went into cardiac arrest. He was immediately transferred to Keck Hospital of USC.

Following his heart attack, doctors informed Alerta and his family that his only option for survival was a new heart. “I was told a transplant was what I needed, but the reality of a different heart functioning in my body was hard to grasp, especially after all I had already been through,” Alerta says. Throughout his time at Keck, Alerta had almost every life-saving device attached to him: a ventilator and ECMO, devices to perform his lung functions; CRRT, a refrigerator-sized filter to take over for his kidneys; IABP, a balloon that pumps blood specifically to the heart; and Centrimags, motorboat-strength engines that circulate blood to the lungs and body since his heart couldn’t.

“Joe survived multiple surgeries, nearly died a dozen times, and through it all, Joe lived the USC motto, ‘Fight On,’” says Geoffrey Cariker DPT ’09. “He did his homework, performing the breathing exercises that would allow him to breathe on his own again.” Upon his arrival at Keck Hospital that fall, Alerta was assigned physical therapists to work with him to keep his body as strong as possible. Drs. Cariker and Nicole Irizarry were part of the physical therapy team at Keck Hospital that cared for Alerta throughout his stay. To even be considered for a heart transplant, Alerta had to prove his health was stable enough to endure the operation as well as support the new heart.

“He performed countless lower body strength training exercises and walked lap after lap with his equipment attached to help his body use the oxygen his new heart would deliver,” Cariker says. “He was always ready and willing to do the work required to get strong enough to be listed for a heart. And he was ready with a smile, a joke and a thank-you.” In March 2013, five months after being admitted, Alerta landed on the list to receive a new heart. On the evening of March 30, he was resting in his room with his family members and friends when his bedside phone rang. “[Transplant Coordinator] Felicia [Schenkel] called my room and said ‘Joe, we found a heart. I need you to be ready at 7:45 tomorrow morning for surgery,’” Alerta recalls. “I was elated and immediately called my mom to give her the good news. Just like that, less than 12 hours later, I was in surgery.”

On March 31, Alerta successfully received his heart transplant. His physical therapists were immediately consulted to provide the guidance and care required to succeed.

“Endurance training, neuromuscular re-education, wound care, strength and power training, endless education. We threw the book at him, and he approached it with the same fighting mentality.” Cariker says.

On April 30, 2013, three days shy of his 23rd birthday, Alerta was discharged from the hospital. His physical therapy continued; he came to the clinic twice each week for cardiac rehabilitation and wound care, in addition to his daily homework.

“Eventually Joe was discharged to his own home program. Recently, he sent me a photo of him shooting a jump shot in a 2-on-2 game,” Cariker says of his patient, who formerly played college basketball.

Since then, Alerta has wholeheartedly returned to his passion for music. The co-founder of ROC Promotions, promotes and manages hip-hop talent, providing creative avenues for underground artists to record and get signed.

“I enjoy the work and seeing things happen,” Alerta says. “Seeing the artists I work with progress makes me want to work harder.”

A few weeks before the anniversary of his discharge, Alerta returned to Keck Hospital for his annual follow-up and stress test. At his side were his family and friends who accompanied him throughout his journey, and the hospital staff members who treated him provided a warm welcome.

“There were times my body and mind felt helpless; I didn’t know if I could withstand anymore,” Alerta says. “Honestly, it was my family, friends and the people I now call my USC family who kept me from giving up. For that support, USC will always be a part of my heart.”

Photo: Christina Gandolfo
Helen Hislop didn’t just transform physical therapy education at USC—she sparked a lasting, monumental shift in the entire profession.

Between Helen Hislop first moving to Los Angeles in 1968 and her retirement from USC in 1998, physical therapy at USC underwent an unprecedented revolution, transforming the USC Division of Biokinesiology and Physical Therapy into the No. 1 physical therapy program in the United States and a world-renowned educational, scientific and clinical powerhouse.

But the effects of Hislop’s leadership not only still resound throughout the Division and USC; her work has also changed what it means to be a part of the physical therapy profession itself.

“At USC, we are acutely aware that we live in a world that was created by Helen Hislop and her generation of leaders,” says James Gordon, associate dean and chair of the Division. “In the physical therapy profession at the national level, and even internationally, we also know that we live in a world created by Helen Hislop.”

(Continued on page 13)
At the height of her own physical therapy education, the field didn’t offer its own doctorate-level terminal degree. (Hislop’s doctorate is in physiology.) But by the time she first began working with USC as director of physical therapy for the Rehabilitation Research and Training Center at Rancho Los Amigos Hospital, she had spent several years immersed in physical therapy academia and was already setting a strong example of scholarship.

She had a clear vision of the profession’s potential for a future based on scientific and clinical strength, and she shared this with the USC students and faculty with whom she worked at Rancho.

The differences between the modern Division of Biokinesiology and Physical Therapy and the USC Physical Therapy program of the late 1960s are stark. Back then, the faculty roster numbered in the single digits, and the program was headquartered in an old house complete with “bodies lying on the kitchen counters” for anatomy lab, Hislop later recalled. When Hislop officially joined the USC faculty in 1971, Rancho began providing rent-free space to the program, Rancho faculty assisted with the curriculum, and the first grant funds that Hislop successfully applied for on behalf of USC came from the Division’s name and its reputation.

“Helen engaged many of the instructors and senior physical therapy personnel from Rancho to teach in their specialty areas: orthopedics, neurology, cardiology/ pulmonary management,” says Associate Professor Curinda Baker, who graduated in 1983. “It’s difficult to guess how any of this would have been possible without the visionary leadership she provided by Hislop. Her extraordinary foresight and ideas about what the physical therapy profession could become have swept the globe, with USC leading the way.”

“She was a major driver for promoting and advocating research in physical therapy,” Powers says. “She really made it happen here. What we have here today is because of her.”

While Hislop’s words will continue to inspire us, Gordon says, “her accomplishments will influence the course of our profession and the lives of our patients for years to come.”

A LIFE OF SCIENCE (CONTINUES)

(Continued from page 10)

Ph.D. program but also became a key part of the DPT curriculum—emphasizing the inclusion of quality science in clinical training.

Hislop led the Division of Biokinesiology and Physical Therapy from 1975 to 1996, and as her career at USC progressed the Division not only increased in size and scope but also developed an increasingly stellar reputation throughout the profession. As a result of her scholarship and teaching, Hislop was rightfully recognized with many awards and honors at the national level, and the Division itself has repeatedly been named the No. 1 physical therapy program in the nation by U.S. News & World Report.

Hislop had seen the need for faculty who understood the specific questions generated by the profession and the kind of translational research physical therapy practitioners needed. The Ph.D. program was launched in 1976, and its first alumna, Mary Beth Brown, graduated in 1984. Since then, dozens of graduates have received their Ph.D. training at USC—including members of the Division’s faculty and other world-renowned researchers across the globe—and the revolutionary program continues to generate future leaders year after year.

“Helen Hislop’s legacy remains a part of every Division student. The work she did here has resulted in a published body of knowledge which will influence the course of our profession and the lives of our patients for years to come.”

While her indelible impact will remain long after her passing, a solemn responsibility endures within all of the students and colleagues whose lives she touched. Her legacy of rigorous scholarship, clinical excellence and fearless educational trailblazing is intertwined with the Division’s reputation and lives on not only in the awards and scholarships given in her name but also in USC physical therapy faculty and graduates.

“Helen Hislop’s words will continue to inspire us,” Gordon says, “and her accomplishments will influence the course of our profession and the lives of our patients for years to come.”
SOUND OFF

REMEMBERING HELEN

There’s no doubt she helped define a profession, but Dr. Hislop also made an impact on a personal level. Here’s how the legend will be remembered:

“[She had the courage to dream and a vision for what our profession should aspire to be. Today most physical therapists are graduating with a doctor of physical therapy degree. We have Helen to thank for that.” —Jeanine Gunn MPT ’93, Director, APTA Board of Directors

“I Helen was a great friend at Rancho and the physical therapy department. She was always so generous with her time and talents. And I feel very honored to have been an associate of Helen’s and was able to work with her so closely.” —Dr. Maureen Rodgers MS ’74, Rancho Los Amigos

“As with most highly intelligent people, Helen had a complex personality. She was fiercely loyal to her friends, her family, physical therapy, USC and a variety of causes. She was a phenomenal visionary but could not tell you what was in the refrigerator… She could ruffle feathers, and yet be incredibly sensitive. Her sense of humor was absolutely terrific, and she could laugh at herself.” —Marybeth Brown MS ’74, PhD ’84

“I’ve never met a nicer person in my life. She embraced me from day one… It’s up to swoon to carry on and train the next generation. I think we’re up for it, and I think, as Helen would probably want us to do…let’s get rolling.” —Chris Powers PhD ’96, Associate Professor, USC Division of Biokinesiology and Physical Therapy

“[For Helen Hislop there was no ‘if’…for Helen Hislop, greatness was always a goal, but never an end in itself. For Helen Hislop, greatness was the act of continually striving toward excellence. She never ceased in that striving in her lifetime.]” —G. Maureen Rodgers MA ’74, Rancho Los Amigos

HISLOP’S LEGACY

ON THE RIGHT FOOT

Thanks to the Helen Hislop Endowed Scholarship, longtime dancer Pamela Mikkelsen DPT ’14 can combine her passions for dance and physical therapy into one dynamic career that moves the profession forward.

Mikkelsen completed her undergraduate studies at UC Riverside in 2007, studying dance and biology. “After graduation, I took a break from school and worked as a performer on cruise ships for a couple years,” Mikkelsen says. “When I got back on land, I shadowed a few physical therapists and marveled at how well I fit in. I felt like I could finally fit both of my passions into one profession.”

She is currently completing an internship at the Cedars-Sinai Outpatient Physical Therapy Clinic and the Cedars-Sinai/USC Gloria Kaufman Dance Medicine Center. “I had a surreal moment while teaching a patient how to perform a plié after injury, and flashed back to when I was a dance teacher but had all my current biokinesiology and pathology information in my head. I got goose bumps and had to stop myself from grinning.”

She believes that individuals can make a difference. “Dr. Hislop pushed to elevate physical therapy by embracing research and self-reflection to constantly question and alter your vision of truth with new evidence. We must not lose sight of that. She was perspicacious and stubborn, and she made a difference in the course of this profession.”

Mikkelsen’s got a unique tutoring style. “I’d like to think that people feel comfortable with me because I don’t judge them and allow them to be heard, which is a great benefit in PT. This is mostly evident in my work as a tutor. My tutoring style is a bit unique and usually involves me dancing around the classroom imitating a physiological process or using props to demonstrate a biomechanical principle.”

Division professors have made a huge impact on her, as she says they “all desire to make the program and the students stronger. Each year, they alter the curriculum to make it more integrated and the information more useful to the students. They are frontrunners in research and this is one of the main reasons why I came to this school.”

In terms of ultimate career aspirations, Mikkelsen notes, “I would love to go back to where I began to cultivate a love for the body in motion, the private dance studio and share the knowledge that I have gained over the past three years to educate the young dancers about their own anatomy.”

“I truly never expected it [to receive this scholarship]. We live indebted to the people who paved the way for us. Dr. Hislop was certainly one of those people, and I am honored to have received this award. I only hope I can help advance the profession a fraction of the amount that she did.”

The new doctor of physical therapy degree is approved, replacing the master of physical therapy degree as an entry-level clinical degree. USC is only the second university in the country to offer a doctor of physical therapy degree to students who graduate in 2014.
Kathleen Bice ’69 practically bleeds cardinal and gold. The alumna, former faculty member and long-time supporter of the Division comes from a robust Trojan lineage, with her father, father and older brother having attended USC before her. Bice has fond memories of spending her autumnal Saturdays, fieldside, cheering on the USC football team with her parents—season-ticket holders—and their friends.

So it only seemed natural that when it came to enrolling in college, Bice would follow in her family’s footsteps. Of course, it probably didn’t hurt that USC also houses one of the nation’s top physical therapy programs—a draw considering Bice decided she wanted to be a PT during her sophomore year of high school.

“I always knew I wanted to be involved in medicine in some way,” Bice explains. “Physical therapy appealed to me because you were able to spend significant time with the patient, but your role was one of helper, not a doctor. So it only seemed natural that I would follow in my family’s footsteps.”

In the fall of 1964, Bice became an official Trojan, taking physical therapy courses at a school that would not only become her home, but also her second定位 at USC, where she earned her bachelor’s and master’s degrees in physical therapy.

After graduation, Bice began a career specializing in acute care settings with a focus on orthopedic care. She didn’t stray too far from the USC campus, either—at least at first. Since her days as a student, Bice has served as clinical instructor, supervising physical therapy students in the Division before becoming the clinical education supervisor. In 1980, Bice was appointed the director of rehabilitation at South Bay Hospital in Redondo Beach, Calif.

“While working at South Bay Hospital, Dr. Helen Hill asked me to coordinate a class in orthopedics at USC,” Bice says. “The position resulted in her role as adjunct faculty for USC’s physical therapy program.”

In 1984, Bice went back to school to work on her master’s degree in health care administration. During grad school, she continued teaching and held a USC PT grant related to a position as a consultant to the California Department of Rehabilitation.

After she finished her master’s degree, Bice was asked to come on as assistant chairperson of the Division, also serving for a time as the academic coordinator of clinical education.

“I was very touched and honored by this gesture. When the University Campaign was announced, I offered to create and endow a physical therapy scholarship that emphasized excellence in clinical skills,” Bice says.

The Kathleen Bice Clinical Excellence Scholarship is awarded to one second-year student. The first one was awarded to Heather Wilson DPT ’14 (see story on page 19) at the 2013 White Coat Ceremony.

“A college education is so expensive these days, and I had the good fortune not to have to worry about finances when I was a student,” Bice says. “As a result, I believe in giving back and feel this is a way in which my gift could have lasting impact on the Division and the students.”

Bice found ways to bring together all the previous service award winners—there are 13 so far—plus Wilson and those who receive the scholarship in the future—to form a group called Saddles, which is Latin for “cutting edge.”

“My hope was that this would be a way to keep these individuals involved with the Division and recognize outstanding PT graduates,” Bice says. “They could serve as mentors to each year’s recipient, they could participate in giving out the scholarship or award each year or even help grow the endowment by making small gifts to the Division.”

During last year’s White Coat Ceremony, Saddles were formally introduced to the Division.

In 1980, through her leadership and influence, the Division opened the Bice Clinical Research Center. The gift led to the construction of a specially designed space to test human research subjects and patients.

Subsequently, in 2013, Bice was named a USC Widgey Alumni House Volunteer Award honoree, recognized for her outstanding contributions to the Trojan Family. Her generosity and involvement isn’t limited to LA. Back in her home state of New York, Bice spends much of her time volunteering. For 14 years, she has worked as a crisis-call-taker for an organization that deals with issues of domestic violence and sexual assault.

Currently, she volunteers and serves as chairperson of Community Resources for Independent Seniors in the greater Cazenovia, N.Y. area. A four-hour transcontinental flight does not keep Bice from being active in the Trojan community. She still attends Division meetings, events and Trojan football games. She says she remains involved to help ensure the Division’s long-lasting high standards for PT education and continue her family’s legacy at USC.

“I would like to see the Division retain its number one ranking as the best academic program in physical therapy, producing outstanding entry-level and advanced clinicians and cutting-edge research. No matter the era of its history, USC PT has consistently been one of the best programs in the country.”
As the inaugural Kathleen Bice Clinical Excellence Scholarship winner, Heather Wilson DPT ‘14 exemplifies quality patient care delivery.

BY STELLA CHUNG ’16

Heather Wilson DPT ’14 is the first recipient of the new Kathleen Bice Clinical Excellence Scholarship given to incoming third-year DPT students who demonstrate superior patient care delivery.

“I do not know why I stood out to be selected for this scholarship,” Wilson says humbly, “but I do know this award encourages me to remember that the dedication I possess to strive for clinical excellence and compassion for my patients has and will always make a positive difference in my practice.”

Wilson credits the faculty’s countless hours of mentorship to making her a compassionate practitioner. She also says Dr. Beth Fisher’s humility and compassion inspires her to be a better patient care provider.

Inspired by Fisher, Wilson takes a multifaceted approach when creating a treatment plan for her patients. Rather than solely studying an injury’s physical effects, she examines its emotional and psychological impacts.

“In order to determine the most beneficial interventions for each individual patient, it is important for me not only to empathize with my patients but also empathize with regard to how their injury or illness is impacting what is most important to them in their lives,” she says.

She regards listening to patients as the most essential piece of the puzzle when caring for a patient. “Often they just need to be heard,” she says. “It helps me build a relationship of trust and allows me to give them the support, care and compassion that they need and deserve.”

During clinical rotations, Wilson traveled the nation, providing care to underserved communities, the native Hawaiian population on Oahu—an enviable gig — and on the Apache Native American Reservation. This gave her an opportunity to pursue an interest in learning more about the many cultures found all over the country. “It’s enjoyable learning about people, their history and why they become who they are today.”

“As a dancer, I have always been fascinated by how the body moves, interacts with its environment and responds to the world around it, and the role our thoughts and emotions play in recovery.”

“I became interested in becoming a physical therapist because it would allow me to combine my curiosity about the complexity of the human body and mind with my desire to contribute to the well being of the people around me.”

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**Research Day 2014**

*Photos by Beth Newcomb MPH ’13 & Sara Villagran Palafox*

On March 12, the Galen Center was bursting with scientific inquiry and discovery as the Ostrow School of Dentistry—including the Divisions of Biokinesiology and Physical Therapy and Occupational Science and Occupational Therapy—held the largest student-focused research showcase at USC. In all, nearly 30 physical therapy faculty and students shared their research findings with their peers. Division Associate Professor Christopher Powers PhD ’96 gave one of three keynote speeches at the event. Congratulations to the following students whose research earned top honors at the event:

See more images from Research Day 2014 at tinyurl.com/researchdayostrow.

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**CATEGORY**

Biokinesiology & Physical Therapy

*Exercise Science & Musculoskeletal Biomechanics*

**FIRST PLACE**

“Eccentric Exercise Induces PGC-1α Expression in Muscle of Postmenopausal Women”

Jacqueline Kiwata, Biokinesiology Ph.D. Student

**SECOND PLACE**

“CRP and Body Composition in Latina Breast Cancer Survivors”

Lindsey Avery, Biokinesiology Ph.D. Student

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**CATEGORY**

Biokinesiology & Physical Therapy

*Neural Control & Motor Behavior*

**FIRST PLACE**

“Modeling Movement Duration to Assess Reaching Movement Recovery Post-Stroke”

Hyeshin Park, Biokinesiology Ph.D. Student

**SECOND PLACE**

“Effects of Self-Efficacy Enhancement on Paretic Hand Selection in Stroke”

Yi-An Chen, Biokinesiology Ph.D. Student

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**CATEGORY**

Stevens Center for Innovation

*“Modeling Movement Duration to Assess Reaching Movement Recovery Post-Stroke”*

Hyeshin Park, Biokinesiology Ph.D. Student
1959  

1974  
DAVID K. BRAITHWAITE MA has retired from active physical therapy practice. He lives in Orem, Utah, where he ran a pediatric specialty practice for more than 20 years. After a bad fall in 1997, he hasn’t been able to pursue his love of practicing physical therapy but has been on the receiving end since then. He’d love to say hello to all his USC alumni friends.

1986  
RENEE HAWKINS MSPT became a Neurological Clinical Specialist in 2011 and is a Commission on Accreditation Rehabilitation Facilities surveyor. Her oldest daughter is a physical therapist practicing in New Mexico, her second daughter is currently in physical therapy school, and her son is a senior in high school who will be attending college next fall.

1987  
KAREN FREDERICK MSPT traveled to Guatemala for a service trip with Medical Teams International to improve respiratory health in a remote community in Chioya. To complete a deeply moving and rewarding vacation, she toured a residential hospital in Antigua, which cares for 350 abandoned disabled infants through adults.

1993  
ANDREA AVRUKIN DPT, MPT was recently hired as clinical director at Pima Medical Institute’s physical therapist assistant program. She’s in her fifth year as the public relations committee chair for the Nevada Physical Therapy Association. She has nearly finished a master’s in media & communications psychology, is active in regional musical theater in Las Vegas and Texas and needs more sleep.

1994  
CINDY (ARMOR) MCVY MSPT, BS ’92 completed a transitional doctor of physical therapy degree program from Western University of Health Sciences in December 2012 and is busy studying for the geriatric clinical specialty exam. She enjoyed seeing fellow 1994 alumni at the 20-year reunion during CSM 2014 in Las Vegas.

1999  
MARCIE (HERSCH) RHEE DPT recently relocated her clinic, Kids in Motion Pediatric Therapy in Torrance, Calif., to a new 6,200 square-foot space. The new center has treadmills, a Lite Gait, two large custom sensory motor gyms, a small gym and five private speech therapy and occupational therapy treatment rooms.

2005  
HEATHER (SCHUMACHER) MARTINEZ DPT and her husband Ray welcomed their third son, Jackson Douglas, on Dec. 6, 2013. He weighed eight pounds, six ounces and was 21.25 centimeters long. He joins his older brothers, Raymond, 5, and Evander, 3.5.

2006  
In March 2011, SALLY (BASSIL) MORCOS DPT, JILL BLITZ DPT ’01, LAUREN (D’NEILL) DUNN DPT ’10 and other Children’s Hospital Los Angeles colleagues formed Red Star Riders, a chapter of the national nonprofit organization AMBUCS, Inc. Their mission is to provide AmTryke tricycles to children with physical disabilities. These unique bikes help improve motor coordination, increase self-esteem and give children a means of independent mobility. During the past three years, Red Star Riders has purchased 50-plus tricycles for children on their wish list. Check out their website at redstarriders.com.

2008  
AMY (TAKAZAKI) SINCLAIR DPT, BA ’05 and her husband James welcomed MacGregor “Mackie” Kinya Sinclair on Nov. 1, 2013.

2009  
JARED VAGY DPT published “Exploring the Benefit of Using a Forward Trunk Lean to Minimize Patellofemoral Stress” in Advance for Physical Therapy & Rehab Medicine magazine. He also completed a year-long Kaiser fellowship in movement science and led continuing education course, “Movement Science Approach to the Evaluation and Treatment of the Lumbar Spine.”

2011  
SAMANTHA DUTROW DPT and TODD NORWOOD DPT will be married Aug. 23, 2014 at the Los Altos History Museum in Los Altos, Calif.

Got some exciting news to share with your fellow alumni? Tell us about your awards and grants, publications, professional developments, births and marriages at pt.usc.edu/Stay_in_Touch for possible inclusion in an upcoming inMotion.
california physical therapy fund grants for the 2014-2015 academic year

by john hobs mba ’14

patrick mcclenahan’s not only the featured commencement speaker at this year’s satellite ceremony for the usc division of biomechanics and physical therapy. he’s also the president and ceo of the 2015 special olympics world games, which usc will be co-hosting with ucla next summer. here’s a couple more things to know about the man behind it all.

this guy is one serious sports fan. in his 25-year career, patrick mcclenahan has served in leadership roles at cbs, fox sports, kca9 and prime ticket where sports often took center stage. in fact, under his leadership, kcai became the largest local broadcaster of sports in the country. “sports is the ultimate reality programming,” the 59-year-old usc alumna says. “the story lines are constantly changing, which makes sports the ultimate reality television.” mcclenahan also has six emmy’s at home for his work in sports broadcasting. it was one of those emmy-winning specials on the special olympics southern california games that earned him an invitation to join the organization’s board.

it’s no easy feat to host the 2015 special olympics world games in los angeles. unlike previous years, the 2015 special olympics games will be largely privately funded. mcclenahan and his ever-growing team are responsible for raising that money to hold the games. so far, they’ve managed to attract big names like coca cola, agi, mattel, deloitte, kaiser permanente, bank of america and disney to become a few of the games’ 15 founding partners. even with that work, and the fact that his team will ultimately be responsible for the 10,000 individuals coming to la for 10 days, it’s a labor of love for mcclenahan. “every volunteer shows up the first day, thinking they’ve come to help the athletes.” mcclenahan says, “and by the end of the day, they’re asking themselves ‘who’s really helping whom? there’s a lot to learn from the athletes. it’s very impactful.’”

mcclenahan’s a very proud papa of two—of whom has special needs. mcclenahan and wife karen are proud parents of two. their 31-year-old son eric works as the creative arts director at a la crescenta-area church. their 17-year-old daughter kelly has cerebral palsy and lives at home. though challenging, mcclenahan says life with her physical disability comes with remarkable joys. “i tell people all the time that my daughter is a unique creation with a special purpose in life. she touches people unlike anyone else can.”

mcclenahan household come college football season. mcclenahan is a die-hard bruin. it’s a tradition that started in his wedding and continues to this day. “she’s a bruin, he’s a trojan. dating throughout college, mcclenahan remembers game time with ucla’s-going future wife always meant attending. “she sat on one side of the field at the coliseum, and i sat on the other side with my friends. and we won all four years!” he says, adding, “and yet she still married me!”

it probably doesn’t hurt that he knows his way around a kitchen. when mcclenahan’s not planning the 2015 world games or delivering the commencement speech at the division’s satellite ceremony (on may 16), he likes to unwind over a hot stove. “cooking was always a good release for me after a day at work,” he says. “i make.”

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As part of my service-learning project, I coordinated my church’s health fair, helping to bridge the gap to health care access for Rosemead residents.

First found purpose in physical therapy while shadowing a physical therapist before graduate school. An African boy, suffering from polio, had come in for treatment. He couldn’t kick out his leg, couldn’t respond to the knee jerk, and his movements were uncoordinated. A wave of compassion rushed over me. Seeing this boy struggle with the very thing we take for granted—our muscles and nerves—made me realize that I want to help others. From that point on, I sought to serve those in need, whether it be those who lack physical strength, like the African boy, or those who face other disadvantages.

Here in Los Angeles, there are many opportunities to serve those in need, particularly by improving access to health care. During my second year, I decided to help fill this need by teaming up with my church, Evergreen Baptist Church of Los Angeles, and starting our own health outreach team. I received support from the pastoral staff and began putting together a planning committee consisting of physicians, physical therapists, occupational therapists and pharmacists and non-health care professionals to determine how to proceed. The population of Rosemead is heavily Hispanic and Asian, and many of them are not able to receive adequate health care for a variety of reasons, including a lack of health insurance and language barriers.

Our team established contacts with different health care organizations and referral services, sought liability insurance from non-profit organizations, attended city and community events to promote the health fair, posted flyers on community boards outside local grocery stores and recruited volunteers for the event. It was while posting these flyers I received some much needed encouragement from store managers who not only let us post them, but also asked for extras to take to their friends and family. An elderly man even came up and asked if he could take some flyers to his senior center. These moments helped me get through the doubt, anxiety and fears of coordinating a health fair when it felt like the logistics—scheduling conflicts, difficulty in obtaining malpractice insurance—were insurmountable.

After months of planning, the Evergreen Baptist Church of Los Angeles Health Fair was held in October 2013. We had approximately 100 health care and non-health care volunteers. Our team established contacts with different health care organizations and referral services, sought liability insurance from non-profit organizations, attended city and community events to promote the health fair, posted flyers on community boards outside local grocery stores and recruited volunteers for the event. At the event, we checked participants’ vital signs, screened for diabetes and cholesterol, offered fall prevention, home safety and self-care and provided physician consultations. We also provided them information about community resources.

This process strengthened my own faith and passion to serve those who are in need. This became my service learning project, and Dr. Cheryl Resnik—who I’ve always seen as a role model for her leadership and passion to promote physical therapy—proved to be a vital source of support.

The first health fair helped us understand how to organize such an event and solidified our understanding of the need for this intervention in the community. We are now planning a second health fair this spring with the goal to establish continuity and build long-lasting relationships with the community. Being a student at USC, we are given a broader view that there is so much that we can do with our skills, not only as physical therapists, but also to help serve and be a health advocate for the community. Infact, these community service opportunities were one of the main reasons I chose USC’s doctor of physical therapy program.
From unequaled education to the ever-increasing use of technology for patient care to pioneering biomedical research, the USC Division of Biokinesiology and Physical Therapy is the top-rated physical therapy program in the nation.

Under Associate Dean James Gordon’s leadership, we are working to take the Division to an even higher level of eminence. You, our alumni and friends, can help us achieve this. There has never been a better time to make a planned gift to the USC Division of Biokinesiology and Physical Therapy.

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