SERVICE LEARNING
THE UNCONVENTIONAL CLASSROOM
Linda Givvin, a 1970 graduate of the Division of Biokinesiology and Physical Therapy, was honored with an Alumni Service Award in April at the 80th Annual USC Alumni Awards.

Givvin, who practiced physical therapy for 17 years, was selected for her countless hours of volunteer work for USC. Her many contributions include:

- Serving on the Division’s Board of Councilors.
- Serving as president of Town and Gown of USC.
- Endowing two Town and Gown scholarships.
- Serving on the USC Alumni Association Board of Governors.
- Serving on USC Athletics’ Board of Councilors.

For more on Linda Givvin: pt.usc.edu/LindaGivvin/
SERVICE LEARNING: The Unconventional Classroom

As director of community outreach, Dr. Cheryl Resnik (front) heads up the service learning component of the Division of Biokinesiology and Physical Therapy’s doctor of physical therapy program. Here, Dr. Resnik poses with DPT students and a participant in one of the programs, USC PT Fit Families.

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COVER PHOTO
Zuma Beach in Malibu, where dozens of physical therapy students participated in one of the Division’s Service Learning programs called Life Rolls On, is one of the most unconventional classrooms one can imagine. Cover photo by Sean Limahelu

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Although it was more than 40 years ago, I can vividly remember my first patient. It was my first semester of physical therapy school. I was part of a small group of students who were visiting a community program for children with neurological disabilities. This was my first experience with service learning, and it had a profound effect on me. The community program was woefully underfunded – just a place for parents to bring children with special needs. There were no physical or occupational therapists on staff, so even though we were students, and novice students at that, our participation was welcome.

We students had just learned to assess and perform range of motion (ROM) exercises, but of course only on other students. On this day, our teacher asked each of us to assess ROM on the child we were paired with.

I was paired with David, a four-year old boy with cerebral palsy. He was in a wheelchair and had limited functional use of his arms and hands. I remember that he had big brown eyes and short brown hair with a cowlick. Unfortunately he either could not speak or chose not to do so with me, so all of our communication took place in that nonverbal language that PTs must master. As we got to know each other, I learned that David could express himself very effectively with those big beautiful eyes.

Looking back on that day, I imagine I was more frightened than David. As soon as I placed my hands on David’s legs, I realized his limbs felt nothing like those of the dozen or so PT students I had practiced on in our classrooms. The harder I pulled, the harder the limbs pulled back, and with a force that astounded me. They wouldn’t move at all! I had come face-to-face with the mysterious neurological condition called spasticity.

I learned to move David’s limbs slowly and gently, to coax the movement rather than forcing it. I should rephrase that. David taught me – with his reactions, with his nonverbal communications, and especially with his expressive eyes – which techniques were effective and which were not. So David was not only my first patient, he was one of my first teachers as well.

We were together for about two hours that day, David and I. It was more than 40 years ago, and yet I remember certain things about that day as if it were yesterday. The lessons I learned that day propelled my development as a physical therapist, and they are with me still.

That is the power of the unconventional classroom.

James Gordon, EdD, PT, FAPTA
Associate Dean and Chair
Upward of 50 USC students from the Division of Biokinesiology and Physical Therapy were on hand to help nearly 40 surfers, all of whom had some kind of disability, experience the thrill of surfing at this year’s Life Rolls On event in Malibu. This program, called They Will Surf Again, is sponsored by the Christopher and Dana Reeve Foundation.
2013 Division Commencement Awards

Several of the Division of Biokinesiology and Physical Therapy’s students and faculty were honored for their achievements at the 2013 commencement awards ceremony, held on May 16. Dr. Nina Bradley, associate professor, was named the outstanding teacher among the Division’s academic faculty and Dr. Julie Hershberg, adjunct instructor of clinical physical therapy, was chosen as the outstanding teacher among the adjunct faculty. Ya-Yun Lee, PhD candidate in the biokinesiology program, received the Outstanding Mentorship award and Janet Burney, assistant director for student affairs, received the Outstanding Staff Member of the Year award. The students who were honored are as follows:

Photos by Matt Sandusky — To see more photos, visit tinyurl.com/2013CommencementAwards

Wesley McGeachy received the Outstanding Student Leadership award

FROM LEFT: Devin Goodwin, Jennifer Lin, and Justin Brouhard all received the Academic Achievement in Basic Science award

Laura Perry, pictured with Dr. Michael O’Donnell, assistant professor of clinical physical therapy, received the Academic Achievement in Clinical Science award

Jennifer Gross (left) and Janine Baker received the Outstanding Service to the Community award

Joseph Robinson (left) and Tyson Matsumoto, pictured with Dr. Carolee Weinstein, received the Kathleen Bice Award for Service to the Profession of Physical Therapy

Holly Kolar received the Outstanding Scholarly Achievement award

FROM LEFT: Tyson Matsumoto, Barbara Sargent, Elizabeth Acreman, Janine Baker, Jennifer Gross, Ryan Frendewey, Andrew Hawkins, Richard Peterson, Laura Perry, Emily Popoff, Ivan Vicario and Joseph Robinson posed with Dr. James Gordon (right) after receiving the Order of the Golden Cane award for excellence in several areas including academic achievement, scientific research and clinical practice.
2013 Commencement

Ninety-six graduates in the Division of Biokinesiology and Physical Therapy were awarded their degrees at this year’s commencement on May 17. Ninety of the graduates were awarded doctor of physical therapy degrees, five received doctor of philosophy degrees in biokinesiology and one graduate earned a master’s degree in biokinesiology.

Stephania Bell, physical therapist and injury analyst for ESPN, was one of the featured speakers at the Division’s 68th annual commencement, delivering an address entitled “Life Unscripted.” Wesley McGeachy, who had served as the class president for the DPT class of 2013, was the other featured speaker. Pamela Corley, an information specialist in the Norris Medical Library, was honored with the Division Tribute award for her many contributions over more than 30 years as the Division’s liaison in the library.
All students in the three-year USC doctor of physical therapy program spend a total of 50 weeks working in a physical therapy clinic somewhere in the United States. Divided into two-week practicums, six-week summer affiliations, and sixteen-week clerkships, these clinical experiences are designed to enable students to apply the knowledge they have acquired in a specific area of their coursework, and to improve their ability to evaluate and treat patients in that area.

As director of the clinical program, Dr. Michael S. Simpson, assistant professor of clinical physical therapy, oversees contracts with as many as 1,200 clinics nationwide, each of which may have as many as 250 facilities. Some connections come through the Trojan network, others come through contacts at the American Physical Therapy Association (APTA) and, on occasion, through networking at conferences.

For example, at a 2011 meeting of the APTA, a student was fascinated by a talk about a sports-related clinic offering huge gyms and multiple facilities that treat pro athletic teams as well as patients with orthopedic diagnoses. Dr. Simpson contacted the facility to discuss the clinical experiences potentially available for USC DPT students, an affiliation agreement was established, and students have frequently been placed at these facilities.

“On average, more than 80 percent of students come in saying, ‘I’m going to be a sports and orthopedic physical therapist,’” says Dr. Simpson. “Many students come to physical therapy because they were exposed to it either through their own injuries or because they know some-
one who had a sports-related injury and went to physical therapy and had a great experience.”

Dr. Simpson’s goal, through the clinical experience, is to expose students to a variety of settings and patients. “As physical therapists, we work in so many different areas: acute care hospitals, rehab hospitals, home health, outpatient orthopedic, and sports facilities,” he says. “It’s important that our students have diverse clinical experiences so that they are prepared to practice as generalists when they graduate.”

In their first year, students learn basic skills in orthopedic and general medical facilities. In their second year, they begin evaluating and treating patients with more medical conditions—cardiovascular, pulmonary, neurology, the diseases of lifespan.

In their clinical experiences, students work with a broad spectrum of patients. For example, they may treat a child with cerebral palsy, someone injured in a major motor vehicle accident, or someone who has had a stroke. They become familiar with the continuum of patient recovery, beginning in the ICU, to getting out of bed, to walking, to discharge, to an acute rehabilitation hospital, and then to maximized independence and recovery.

The clinical instructors working with Division students must have at least one year of clinical practice, demonstrate competence with the patient population they serve, and demonstrate a commitment to helping students achieve the goals of clinical education.

The attraction of working with Division students is largely due to USC’s top ranking in physical therapy education. The instructors also have a unique opportunity to vet a potential employee over a period of weeks or months.

To the DPT students, the clinical experiences are crucial, Dr. Simpson says. It’s one thing to learn theory and clinical reasoning, and to practice in a lab. But the real tests of skill and judgment don’t happen until students go into a clinic, put their hands on a real patient with an impairment, and apply what they’ve learned. The clinical instructor serves as a mentor, showing students how to integrate what they’re feeling and seeing in the patient with what they’ve learned in the classroom.

These experiences are eye opening and change the course of their education for many students. “The students start to say, ‘Wow, physical therapists do a lot more than I thought,’” says Dr. Simpson. “Many of our students change their mind about what they want to do with their degree.”
The goal of USC PT Fit Families is to provide pro bono fitness and wellness services to children, ages 10 to 17, and their families, living in the local community who are at risk for developing diabetes and hypertension. Fit Families meets weekly at a local park where participants are given a health screening and provided with a personalized, structured exercise and nutrition program.

USC’s doctor of physical therapy students lead participants in a variety of exercises and games to help them integrate activity into their everyday lifestyle. Participants are also assisted by a bilingual nutritionist who teaches the families how to shop, select and prepare more healthful meals. Student volunteers gain skills in providing wellness education in a non-traditional setting.
THE UNCONVENTIONAL CLASSROOM

When Jennifer Gross was a first-year student in the doctor of physical therapy program, a faculty member introduced her to Activities, Recreation & Care (ARC), a nonprofit organization for the developmentally disabled located in North Hollywood.

Gross hoped to use what she was learning in the classroom and apply it in the field, both to strengthen her own education and give back to the community.

Her initial goal was to get the disabled athletes at ARC ready for the L.A. Marathon. While her classmates screened them for strength, balance, and cardiovascular endurance, Gross, DPT ’13, analyzed measurements and devised a program for weekly training sessions.

Organizing the 40 or so ARC participants by athletic skill level and leading them through their training every Saturday has become a constant in Gross’ life. This is exactly the sort of commitment the Division of Biokinesiology and Physical Therapy hoped to inspire when it instituted its service learning requirement.

“Two of the core values of the profession of physical therapy are altruism and social responsibility,” explains Dr. Cheryl Resnik, associate professor of clinical physical therapy and director of community outreach. “It’s tough to build them into a curriculum, so we decided to use service learning—purposeful volunteering—as a way to give our students an opportunity to work with a population they may otherwise never see.” [continued]

Life Rolls On is a series of quality of life programs affiliated with the Christopher and Dana Reeve Foundation for people with spinal cord injuries. They Will Surf Again is one of the programs that provides participants with the opportunity to ride waves through the use of adaptive equipment.

The event is partly about getting outside and having fun, but it is also meant to inspire participants to reach for new goals despite their mobility challenges.

USC’s physical therapy students have been active participants, as part of the Division of Biokinesiology and Physical Therapy’s service learning programs, with They Will Surf Again for several years and are a key part of making sure the day is safe and enjoyable for all the participants.
Gabriel House is a nonprofit rehabilitation center dedicated to the total care of profoundly handicapped children and children with immune deficiency disorders. Located south of Ensenada, Mexico, Gabriel House provides housing for 50 children who have been orphaned, abandoned or whose families are not able to care for them.

The children attend school at Gabriel House and receive physical therapy and medical and dental services that are geared toward their special needs.

USC’s student volunteers travel to Mexico with faculty members to help the caregivers at Gabriel House learn to correctly perform range of motion exercises, developmental activities, positioning and safe transfer techniques.
Students from the doctor of physical therapy program help athletes by providing them with screenings prior to their participation in the Special Olympics. The assessments of the athletes' flexibility, strength, balance and aerobic conditioning are followed by instruction sessions with coaches, athletes and their families to improve performance and fitness.

The FUNfitness screenings, developed for Special Olympics athletes by the American Physical Therapy Association, are one component of a series of free health screenings provided to participants prior to the games.

The Special Olympics World Summer Games are coming to Los Angeles in 2015 and many of the 7,000 athletes who will be participating will be screened by students, faculty and alumni from USC.

Shannon Coughlin pointed out that she had read about people with spinal cord injuries in textbooks, but taking them surfing through a program called Life Rolls On gave her new insight to the challenges they face every day. “We don’t learn how hard it is to get someone into a wetsuit when they don’t have control over their lower extremities,” notes Coughlin, DPT ’14.

Rachel Ridenour said she was initially intimidated when she started her service learning with ARC because she did not know whether it would be possible to create one set of exercises for a group that included children with Down syndrome and developmentally disabled adults.

“I’ve realized that I do have a fairly broad database of exercises and activities I can pull from, but more than that I learned how to modify almost any activity to be appropriate for any skill set,” says Ridenour, a member of the DPT Class of 2013.

Whether customizing a transfer for a paraplegic surfer, stretching a child with cerebral palsy, or counseling a family about the benefits of a healthy diet, the students agree that service learning provides them with educational experiences that, in spite of the best efforts of their professors, cannot be gained in a classroom.
There is a 4-post stool that still rolls around the gym floor of USC Physical Therapy Associates’ brand-new suite of offices and therapy space in the Engemann Student Health Center. Unlike its new 5-post counterparts, it still serves a purpose, as far as Dr. Jacquelyn Dylla is concerned.

“It is to remind us of just how far back our roots on this campus reach,” she says, noting that she could barely have imagined, when she arrived on the University Park Campus (UPC) in 1996, that the practice would come to occupy 3,300-square feet with a view of Los Angeles that extends to the Hollywood sign.

The first time Dr. Dylla, director of USC PT Associates at UPC, stepped into the student health center’s physical therapy space, room 130, nearly 17 years ago, she walked into a place that was cramped and in a state of disarray.

Most of the room was consumed by stuff: a Kin Com machine, a piece of therapeutic equipment, that was stacked with boxes and cuff weights. Piles of index cards doubled as patient charts. A “privacy” curtain that allowed all patient conversations to be heard throughout the room, did not provide any privacy whatsoever.
In that instant, Dr. Dylla knew she was going to need more space and more staff if this branch of USC PT Associates, which serves primarily USC students, faculty and staff, was to meet the growing demand for services and live up to the expectations that the community has of the medical staff affiliated with USC.

At the time, the bulk of her patients came to her with postural neck and lower back pain. Without enough time in her schedule to see each person individually, she teamed up with the School of Cinema and Television, as it was called then, to create a video entitled “Spine Tuning” that was distributed to all students with such symptoms.

Everything has changed in the intervening years. The practice has grown to a bustling place that employs four full-time physical therapists, two orthopedic residents and two third-year doctoral students from the USC Division of Biokinesiology and Physical Therapy. In addition to seeing patients, it is now also a center for research and teaching.

The new space also provided an opportunity to modernize the practice’s operations by diversifying the therapeutic equipment and by computer technology to improve workflow and provide a platform for electronic medical records. In only a few months, the space has provided for greater multidisciplinary collaboration.

For example, Dr. Sean Johnson, instructor of clinical physical therapy, working with staff physicians at the Engemann Student Health Center and KUSC, recently worked on a segment about physical therapy for the Trojan Health Forum, a series of medical shows to air for the USC community.

USC PT Associates is also collaborating with the Thornton School of Music, Glorya Kaufman School of Dance, the Engemann Health Center and physicians from the Keck School of Medicine of USC to explore offering specialized care for performing artists.

“I know now that PT Associates will have a permanent presence on this campus to continue to serve the faculty, staff, and students of the university for many years to come,” says Dr. Dylla of the recent move.
I’m in a battle. The enemy is lymphedema and it doesn’t fight fair. It snuck into my life silently with swelling and pain in my left arm. Nine years after treatment for breast cancer, I fight lymphedema 24 hours a day, seven days a week.

During my last post-operative appointment, my surgeon causally mentioned the possibility of developing lymphedema and I was given a list of things to avoid including extreme temperatures, skin irritations and overusing my arm.

Four years later, I was shocked when my arm swelled. How could this be? I followed my doctor’s advice and avoided insect bites, gave up manicures and stopped household activities like mopping and sweeping. Despite my efforts, I still ended up with a swollen, aching left arm. I blamed myself for what I thought was an avoidable calamity.

My oncologist referred me to an occupational therapist for lymphedema treatments. After 18 sessions, my swelling receded significantly and my arm was almost back to its original size. I was told that if the lymphedema returns, I would need to wear a compression sleeve. Even though I was fanatical about
The patients at USC PT Associates are all fighting their own battles and the physical therapists at PT Associates are allies who help guide them to victory. The PT Associates Grateful Patient Program was established to allow patients to thank their physical therapist for helping them achieve their goal and to encourage other patients still engaged in the fight. To support USC PT Associates, or for more information, visit, pt.usc.edu/grateful_patient_program

USC PT Associates offers a broad array of physical therapy services to combat a number of conditions related to cancer treatment. For more information, visit: pt.usc.edu/Physical_Therapy_Services/

protecting my left arm, the lymphedema returned within two years. This time the occupational therapist bandaged my arm, which I wore for 24 hours, and I began wearing a compression sleeve during the day.

One year later, after a flight to England, the lymphedema flared up again even though I wore a compression sleeve. This time the swelling was more widespread, including my torso, back and arm. Several months later, despite ongoing occupational therapy, my left arm was so large I couldn't purchase a long-sleeve blouse, a sweater or jacket in my size. I was devastated.

My oncologist then referred me to USC Physical Therapy Associates, which has three physical therapists specializing in managing lymphedema. I was treated by Dr. Kimiko Yamada, a physical therapist who really understood the comprehensive treatment and management for lymphedema. Five years later, I finally have effective weapons to fight this condition. My arsenal includes physical therapy, daily exercise, self-lymph massage, proper compression sleeves and education for self-bandaging techniques.

Will I ever be cured of lymphedema? No, the battle is here to stay, but with my new weapons, gained thanks to the expertise of a knowledgeable physical therapist, the victory is mine. It is possible for me to control the swelling.
COMMUNITY SERVICE PART OF DR. SHARON DEMUTH’S LEGACY

Dr. Sharon DeMuth has been thinking, for about six years, that this would be her last as an adjunct assistant professor in the Division of Biokinesiology and Physical Therapy. But such is her commitment to her students, to the profession and to USC that she has had a hard time letting go. For several years, she has put off retirement for just a little while longer.

It seems, though, that Dr. DeMuth is finally ready to step away from the university where she has headed up teaching pediatric physical therapy for 18 years. From her time at USC, Dr. DeMuth leaves a multifaceted legacy.

Her research included conducting clinical trials on the effects of stationary cycling for children with spastic diplegic cerebral palsy and collecting normative data used for scoring the Test of Infant Motor Development, a test that assesses the motor development of premature infants.

Her focus on pediatrics gave her a unique approach, one that emphasized patients’ care over the lifespan. She made sure the USC curriculum considered how patients’ needs would change over time and that the USC physical therapy graduates were prepared to meet those needs.

Dr. DeMuth managed to meld her interest in community service with her academic work by creating several programs for students that got them out of the classroom and into the field, working with children from the nearby community.

“She is very community-oriented,” says Dr. Linda Fetters, professor of pediatric physical therapy and Sykes Family Chair in Physical Therapy, Health and Development, noting that Dr. DeMuth earned an award for extraordinary service from the American Physical Therapy Association’s section on pediatrics in 2011. “USC and its support for community service is part of the reason this was a great fit for her for so many years.”

Dr. DeMuth’s programs offer students in the doctor of physical therapy program opportunities to work in neighboring schools. They participate in Playground Pals, during which they design games that encourage elementary school students to exercise while the physical therapy students learn about the abilities of typically developing children. The students screen elementary school children for possible leg and spine problems and administer the Fitnessgram, a health-related fitness assessment, to elementary and high school students.

Dr. DeMuth and her husband, Hugh, a retired orthopedic surgeon, enjoy globetrotting and often combine their travels with volunteer work in different countries. She has brought that interest to USC by partnering with programs in Mexico where USC physical therapy students donate their time and have an opportunity to practice in a unique setting.

At Gabriel House near Ensenada, one of the partnerships Dr. DeMuth established, students travel with faculty advisors to help children with severe disabilities living at the orphanage. The students design therapy programs for the specific needs of each child, and help teach the caregivers to correctly perform the exercises and safely transfer the children.

Fetters added that the service learning programs developed by Dr. DeMuth are unique and few other programs offer such experiences for their students.

“Those programs are a major part of her legacy and one that will live on at USC,” Dr. Fetters added. “She is going to be impossible to replace.”
Dr. Julie K. Tilson was recently honored for her groundbreaking study assessing the risk of falls associated with two interventions designed to help stroke patients improve their walking ability.

The study, conducted by lead author Dr. Tilson, associate professor of clinical physical therapy, was awarded the 2012 Stroke Progress and Innovation Award. The annual award, presented at the 2013 International Stroke Conference of the American Heart Association, acknowledges a significant contribution to the body of research on stroke risk and recovery.

“This is an outstanding honor to get the 2012 Stroke Progress and Innovation Award and speaks to Julie Tilson’s extraordinary scholarly acumen and commitment to science in the presence of some overwhelming odds,” says Dr. Carolee J. Winstein, professor of biokinesiology and physical therapy and director of the Motor Behavior and Neurorehabilitation Laboratory at USC.

Dr. Tilson’s research is based on information collected in a randomized clinical trial called the Locomotor Experience Applied Post-Stroke (LEAPS). LEAPS, a collaborative clinical trial involving USC, Duke University, the University of Florida and several community-based rehabilitation hospitals, monitored the falls of 408 participants, ages 50 to 70, who were living at home during the year after they experienced a stroke. Patients began physical therapist-assisted strength and balance training or locomotor training—utilizing a treadmill with body-weight support—either two months or six months after the stroke.

Dr. Tilson looked at different methods used to improve stroke patients’ walking ability in an effort to determine whether either of the methods was associated with risk for falling, which is a common and potentially serious complication following stroke. Between 40 and 70 percent of stroke patients fall during the first year of recovery, which doubles their risk of hip fracture. As many as 57 percent fall multiple times during their recovery.

The study concluded that strength and balance exercises appear to reduce falls while walking training alone may increase the frequency of falling. Those patients with severe difficulty walking and who received locomotor training two months after stroke were at higher risk of multiple falls than either those who began locomotor training at six months or those who received strength and balance training at two months.

Dr. Tilson noted that fall prevention should not be limited to only exercises to improve walking and mobility. Additional evaluations, such as monitoring a patient’s vision and evaluating the safety of their home, might further reduce the risk of falling.

Dr. Tilson’s work as a clinician, educator and researcher were all noted by Dr. James Gordon, chair of the Division, as reasons for her recent promotion to the rank of associate professor of clinical physical therapy. “She is a productive scholar who is on the leading edge of research in evidence-based practice,” says Dr. Gordon. “She is an emerging leader in the physical therapy profession, and a respected and articulate voice for improvement within the Division.”

Dr. Tilson’s research was published in the January 2012 issue of Stroke, the journal of the American Heart Association. Two other USC professors, Dr. Steven Y. Cen, assistant professor of research physical therapy, and Dr. Stanley Azen, professor of preventive medicine at the Keck School of Medicine of USC, were co-authors on the study.
FACULTY AND STUDENT AWARDS

E. TODD SCHROEDER, PHD
Dr. E. Todd Schroeder, associate professor, and co-investigators Brian Wu, USC MD/PhD student; Dr. Jonathan Sum, assistant professor; Dr. Susan Sigward, assistant professor; and Dr. Rick Hatch, assistant professor at the Keck School of Medicine of USC, received a $30,000 grant from the Southern California Clinical and Translational Science Institute to conduct the research project “Testosterone Administration and ACL Reconstruction in Men.” The same project also received funding in the amount of $19,500 from the American Orthopaedic Society for Sports Medicine.

NINA S. BRADLEY, PHD, PT
Dr. Nina Bradley, associate professor, was awarded a $5,700 fellowship from the American Physiology Society to host a special guest for the summer. Those funds will be spent to bring Dr. Lorenita Holloway into the Motor Control Development Laboratory, run by Dr. Bradley, for the summer. Dr. Holloway is a veterinarian who heads up the science department at Compton High School. Dr. Holloway plans to use the experience to hone her own science skills in an effort to improve the science curriculum at Compton High School.

JENNIFER BAGWELL, PT, DPT
Jennifer Bagwell, a PhD candidate, received a matching grant from the International Society of Biomechanics for her project “Femoroacetabular Impingement: An Analysis of Kinematics and Acetabular Cartilage Stress.” Bagwell works in the Musculoskeletal Biomechanics Research Laboratory under her advisor, Dr. Kornelia Kulig.

DANIELLE N. JARVIS, MS, ATC
DPT student Danielle N. Jarvis was awarded a $2,200 grant by Far West Athletic Trainers’ Association for the research project “Kinematic and Kinetic Analyses of the Toes in Dance Movements.” The committee that granted Jarvis the grant noted that hers was one of only two projects it funded in a year that saw “a record number of qualified and worthy submissions.”

JOANNE ARMOUR SMITH, PT, MMANTh, OCS
Joanne Armour Smith, a PhD candidate, was awarded a $2,000 grant by the American Society of Biomechanics for her project “Trunk Neuromechanics During Turning: A Window Into Recurrent Low Back Pain.” Smith, who works in the Musculoskeletal Biomechanics Research Laboratory under her advisor, Dr. Kornelia Kulig, will present her research next summer at the World Congress of Biomechanics meeting.

GUILHERME M. CESAR, PT, MSC
Guilherme M. Cesar, a PhD candidate in the Division, received a $2,000 grant from the North American Society for the Psychology of Sport and Physical Activity for his study titled “Development of Postural Strategies in Children during Deceleration of Running.” Cesar works in the Human Performance Laboratory under his advisor, Dr. Susan Sigward.

YU-JEN CHANG, MS, PT
Yu-Jen Chang, a PhD candidate in the Division, received a $2,500 matching student dissertation grant from the International Society of Biomechanics for his project titled “The Neuromechanical Adaptations to Achilles Tendinosis.” Chang works in the Musculoskeletal Biomechanics Laboratory under his advisor, Dr. Kornelia Kulig.
George J. Salem, PhD

Dr. George Salem, associate professor, delivered the National Center for Complementary and Alternative Medicine (NCCAM) Integrative Medicine Research Lecture on his research on the physical demands of yoga in seniors. Dr. Salem, along with his colleague Dr. Gale Greendale, a professor in the department of medicine at UCLA, discussed their research in a Q&A with Dr. Partap Khalsa, NCCAM’s program director.

Dr. Salem’s study, called the Yoga Empowers Seniors study (YESS), made it on the front page of the National Institutes of Health’s internal publication, NIH Record, in March.

It was also featured by the NIH in January on its website as a research spotlight.

Salem also participated in a Twitter chat with Dr. Richard Besser of ABC News on May 21 on the subject of yoga. Dr. Karen Sherman of GroupHealth in Seattle, Wash. also participated in the chat.

Shawn C. Sorenson, PhD, CSCS

Dr. Shawn Sorenson, adjunct assistant professor, contributed the story “Brandon Roy and Athlete Transition: The Most Important Issue in Sports Medicine” on the Huffington Post on December 23. In the piece, Dr. Sorenson points out that injuries often end sports careers and that transitioning to real life can be difficult for some athletes.

The Huffington Post also ran an op-ed on April 18, 2013 by Dr. Sorenson about basketball star Kobe Bryant’s season-ending injury. Dr. Sorenson analyzed the potential causes of Bryant’s ruptured Achilles tendon. “We do know that the injury is a common one, and that with appropriate treatment and rehabilitation, Kobe is likely to recover,” Dr. Sorenson wrote. The Los Angeles Times also cited Dr. Sorenson in a follow-up story on Bryant’s injury.

Christopher Powers, PT, PhD, FAPTA

The California Physical Therapy Association selected Dr. Christopher Powers, associate professor, as its featured researcher, winter 2012/2013. In response to this recognition, Dr. Powers noted that an early grant from the California PT Fund helped him to complete the research for his dissertation on pathomechanics of patellofemoral pain.

“I am happy to say that I have been able to continue this line of research now for over 20 years. Importantly, I was able to leverage this relatively small grant into a productive research career including more than 100 publications and over a million dollars in federal funding. I am indebted to the CAL-PT-FUND for getting me my start!”

Jonathan Sum, PT, DPT, OCS, SCS, CSCS

An article about fibromyalgia pain that was published on November 13, 2012 in TodayinPT.com cited research conducted by Dr. Jonathan Sum, assistant professor, that had been published in the Journal of Clinical Rheumatology in 2006. It also quoted Dr. Sum as saying that an individualized exercise program aimed at improving proper movement is still the “hallmark treatment for people with fibromyalgia.”

Carolee J. Winstein, PhD, PT, FAPTA

Dr. Carolee J. Winstein, professor, made a presentation on healthy aging through technology in December of 2012 at a forum on aging, disability and independence organized by the Institute of Medicine.

Dr. Winstein also participated on a panel of USC experts at the USC Trustee Conference in Palos Verdes on April 5-7. Her presentation, on the effects of exercise on memory, was entitled “Thanks for the Memories: Long-Term and Short-Term.”

Rami Hashish, PT, DPT

Rami Hashish, PhD candidate, published “To Run Outside or on a Treadmill? A Dilemma Foreign to Forrest Gump,” on the Huffington Post on February 4. In the article, Hashish offers evidence-based reasons for those people wondering whether they should run outdoors or on a treadmill in a gym.

The Division’s Team at Swim with Mike

Fifty-eight students, faculty, staff and alumni from the USC Division of Biokinesiology and Physical Therapy participated in this year’s Swim with Mike event, an annual swim for charity that raises money for USC’s Physically Challenged Athletes Scholarship Fund. The Division’s team swam continuously for 33 hours, and covered 68 miles, raising more than $1000 for the fund. Dr. Michael O’Donnell, assistant professor of clinical physical therapy, swam for 7.7 miles, farther than any of the other participants.
More than 50 years ago, Dr. Perry first made a name for herself for treating polio patients. She was the first surgeon to attempt a complete spinal fusion in an effort to restore breathing and mobility to polio patients.

Dr. Perry told the Los Angeles Times that she was inspired to become a doctor not because she wanted to save lives. In a nod to her days as a physical therapist, her goal as a doctor was to improve the lives of handicapped people.

She later turned her attention to walking disorders, particularly those brought on by cerebral palsy, stroke and brain impairments. As with her work on polio, she became a leading expert on human gait.

Dr. Perry had exceptionally long and fruitful affiliations with two Southern California institutions. She worked at Rancho Los Amigos Medical Center for nearly 60 years. She spent two decades teaching students at USC, in both the Division of Biokinesiology and Physical Therapy and the Keck School of Medicine of USC.

She died at her home in Downey on March 11, 2013. Despite reaching an advanced age, 94, her death was unexpected. Dr. Perry was active as a clinician, researcher, author and respected member of the medical community until the day she died.

Her contributions to the profession of physical therapy are legendary. “Dr. Perry was a special friend to us here at USC Biokinesiology and Physical Therapy,” says Dr. James Gordon, chair of the Division. “Despite her fame, Dr. Perry loved nothing more than seeing patients and teaching students. She was always extraordinarily generous with her time and her expertise. Most of all, she was an inspiration to all of us.”

Dr. Jacquelin Perry was a groundbreaking clinician and researcher in the fields of orthopedic surgery and physical therapy. She started her medical career as a physical therapist, later attended medical school at UC San Francisco and became the nation’s first female orthopedic surgeon.
Dr. Perry graduated from medical school at UC San Francisco in 1950 and soon after became the first female orthopedic surgeon in the US.
When a new patient walks through a physical therapist’s door, they arrive with a symptom such as shoulder pain. But they don’t always know the origin of that particular ache and that is exactly what the new book *Diagnosis for Physical Therapists: A Symptom-Based Approach* attempts to address.

The book, a comprehensive guide to evaluating common, as well as less-than-common, physical ailments, took more than 10 years to complete, and involved major contributions from alumni of the USC Division of Biokinesiology and Physical Therapy.

Chief among them were two of the book’s five editors, Dr. Chris A. Sebelski and Dr. Todd E. Davenport. Both completed their doctoral degrees at USC and were teaching in the Division at the time the project was launched. Although Dr. Sebelski and Dr. Davenport moved to different universities in the intervening time, they stayed on as editors of the book, seeing it through to publication in 2012.

“Chris and Todd were the ones who really saw this through to the end,” says Dr. Kornelia Kulig, professor of physical therapy and another of the book’s editors.

Though they are the only USC alumni who edited the book, more than 50 were contributors to various chapters. Dr. Sebelski noted that the dozens of USC graduates were asked to participate because they are experts in a particular area.

“It was each contributor’s loyalty and affinity to the Division of Biokinesiology and Physical Therapy that made the 10-plus year effort to achieve publication possible,” says Dr. Sebelski. “Without each of these contributors, the text itself would never have been possible.”

The book creates an approach, by use of a mnemonic, TIMVaDeTuCoNe, for clinicians to recall that the causes of symptoms can be trauma, inflammation, metabolic, vascular, degenerative, tumor, congenital or neurogenic/psychogenic.

The book is being used by physical therapy clinicians and students at USC as well as in other physical therapy programs across the country and in Taiwan. Dr. Davenport and Dr. Sebelski have been teaching the approach at various professional meetings. Up next, a smart phone app is being developed so that students and clinicians will have access to this vital information on their smart phones or tablets.
It took Dr. Aaron Kraai little time to conclude, after completing his doctorate in physical therapy at USC, that, in order to practice physical therapy the way he was trained, he would have to step out on his own.

After working in a hospital clinic, he came to believe that many of the physical therapy companies in the Chicago area thought of the profession as a terrific way to churn profits, but not a critical component of their patients’ overall care.

“I had become accustomed to the treatment philosophy and care at USC, which was focused on evidence-based interventions and producing the best results as quickly as possible,” says Dr. Kraai, a 2004 graduate. “In Illinois, I did evaluations and then turned my patients over to physical therapy assistants to see them through. I was not comfortable with this model and knew there was a better way.”

Fueled by a desire to create a practice that emphasized quality over quantity care, Dr. Kraai founded Doctors of Physical Therapy in Naperville, Ill. in 2005. In doing so, he put one of his core beliefs, that achieving quick and lasting results for his patients would result in a thriving practice, to the test.

It looks like he was on to something because Doctors of Physical Therapy has grown to 15 clinics in five states. What sets Doctors of Physical Therapy apart is its razor sharp focus on quality and outcomes. The company hires physical therapists with doctorate degrees from top 20 schools who share his goal of achieving fast results and a lasting recovery for the patient.

Dr. Kraai’s quality over quantity approach to physical therapy serves dual purposes. It is better for the patient’s body and for their pocket book because quick results drive down costs, increasing the value of the health care dollar.

“For the same co-pay and cost per visit our competitors charge for services rendered by athletic trainers or physical therapy assistants, you can have evidence-based treatment by one of our doctoral level physical therapists,” reads the Doctors of Physical Therapy website.

Dr. Kraai’s devotion to the profession and to his patients is an extension of the commitment he expressed during his time studying in the USC Division of Biokinesiology and Physical Therapy. He was vice president of the American Physical Therapy Association’s Student Assembly, working with legislators in Washington, D.C., to assure that physical therapy services would be available to all people on Medicare without restrictions. As president of his class, he brought national leaders to campus to lecture on different aspects of private practice, orthopedic care and leadership within the profession and earned two top leadership awards prior to graduating.

“We at USC are proud of Aaron’s tremendous success,” says Dr. Cheryl Resnik, associate chair of the Division. “While at USC, he was a student leader and he has continued to establish himself as a leader of the profession by successfully opening 15 practices.”

He completed his clinical rotations at USC, working under top orthopedic physical therapists and surgeons, before returning to the Midwest with his family. Dr. Kraai and his wife, Lindsay, have two children, Luca, 7, and Miabella, 4. In spite of an already thriving business and a busy family life, Dr. Kraai says he does see more growth for Doctors of Physical Therapy as long as it does not jeopardize the company’s high standards.

“Consumers are seeking the best care for the cost and they understand the value our company offers because we can return them to full function in fewer visits than our competitors,” says Dr. Kraai. “As healthcare moves towards an outcome-based payment system, we believe our model will be the model of the future.”
Staying in Touch

1954
John (Jack) Cheever, PT, writes that he has “tried to retire since 1993” but that he still sees a small group of clients who have enduring physical problems. He did retire from the links and the slopes, however, finally hanging up both his skis and his clubs when he hit 82.

1982
Suzie Freeman (Roh), MPT, recently retired from a sports medicine clinic in Huntington Beach, but hasn’t fully retired. She is now an instructor for Performance Dynamics and is traveling the country teaching Astym treatment. “I enjoy seeing the country, and have also gained an admiration for my colleagues in different states. There are a lot of innovative methods out there … I love this varied exposure.”

1994
Fran Finney, MPT, has become a full-time caregiver to her husband, Hal, who was diagnosed with ALS in 2009. She is also spending time as a facilitator for her local Muscular Dystrophy Association ALS Support Group. “My PT background is serving us well, and I have become quite adept at many new medical skills.”

2003
Judy Burnfield, PT, PhD, led a team that developed the Intelligently Controlled Assistive Rehabilitation Elliptical (ICARE) Training System, which recently won the international da Vinci Innovation Award. The da Vinci awards recognize new technology that enables people of all abilities to participate in life.

2008
Elizabeth Ruckert, DPT, was featured in the May 2013 edition of PT in Motion, a publication of the APTA. Ruckert’s class on geriatrics at the George Washington University of Medicine and Health Sciences, where she is an assistant professor, was highlighted in an article on the benefits of inter-professional collaboration in clinical education. Her course puts PT and emergency management students through a series of simulated emergencies involving older patients. The PT and EMS students combine their respective expertise to achieve the best outcome for their patients.

2009
Jared Vagy, DPT, was chosen to be a sponsored rock climber and so spent part of last year scaling rock faces in South America instead of practicing physical therapy. After six months on the road, he returned to Los Angeles and is now completing a yearlong movement fellowship at Kaiser Permanente in West Los Angeles.

2010
Lindsay Graham (Fujinaka), DPT, got married on Sept. 22, 2012 in Auburn, Calif. to Tyler Graham. Attendees included Juliana Fernandez (bridesmaid), Amanda Rogers, and Dana Ann Huey.

2011
Melissa Brose, DPT, is working at Rancho Los Amigos National Rehabilitation Center.

LENORE (LENNY) KRUSELL, MA, PT ’67

Lenny Krusell, who was born in Waukesha, Wisconsin on June 29, 1918 passed away on January 24, 2013. In addition to being a USC graduate she was also on the Division faculty from 1964 to 1983.

“Be sure to keep your connection to patients, Don’t give up treating,” was the most important message Lenny wanted to share with the USC alumni in a profile done about her in the Spring 2002 issue of inMotion.
USC hosted a reception for alumni and friends at the Combined Sections Meeting in San Diego on January 22. More than 300 Trojans and friends attended the reception. The same evening the USC PT Alumni Association wined and dined together at Vin de Syrah Spirit and Wine Parlor in the San Diego Gaslamp District, which was also well-attended.

1 Janene Izatt and David Scott Edwards, members of the MPT Class of 1994 — 2 Members of the DPT Class of 2006 — 3 Members of the DPT Class of 2010 — 4 Members of the DPT Class of 2011 — 5 Members of the DPT Class of 2009 at Vin de Syrah Spirit and Wine Parlor — 6 USC Biokinesiology and Physical Therapy alumni at Vin de Syrah Spirit and Wine Parlor

To see more USC at CSM photos, visit tinyurl.com/USC-CSM2013
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            Mike O’Donnell, PT, DPT, OCS, FAAOMPT
Keynote Speaker:
            John D. Childs, PT, PhD, MBA

PHYSICAL THERAPY MANAGEMENT FOR TMJ DISORDERS
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Instructor: Sally Ho, PT, DPT, MS, OCS

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