

**USC's PT Program Hailed as Nation's Best**



No one has to convince the faculty of USC's Department of Biokinesiology and Physical Therapy that the Trojans are national champions – not only in football, but in physical therapy as well.

*U.S. News and World Report* recently ranked the Department No. 1 in the nation for its Doctor of Physical Therapy program. That's first out of a total of 85 professional (entry-level) Doctor of Physical Therapy programs around the country accredited by the Commission on Accreditation in Physical Therapy Education.

James Gordon, chair of the Department, was gratified by the high ranking, but not surprised—because the

Department's members have pushed nonstop to lift the Department to the top.

"In 2001, the Department's faculty and staff developed a strategic plan that stated that our goal is to become the pre-eminent department of physical therapy in the United States, and we have been working very hard to accomplish that goal," Gordon said. "I should also recognize the outstanding accomplishments of our students and graduates—these demonstrate the excellence of our educational programs."

The Department of Biokinesiology and Physical Therapy now joins USC's Department of Occupational Science and Occupational Therapy as the top programs in their fields, Gordon added. "It

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**Department Debuts New Website**

To better serve prospective students, alumni, patients, and those with interest in our varied activities, the USC Department of Biokinesiology and Physical Therapy has redesigned and launched a new colorful and dynamic website. Located at <http://www.usc.edu/pt>, the new site features photos of current students, alumni, and faculty on the homepage giving testimonials about their experience in the Department. The photos on the homepage change in a random order every time someone visits the site.

The impetus for the redesign was to maximize the quantity and quality of information about the Department readily available on the internet. The site debuted in May 2004 with a wealth of information on the educational, research and practice areas of the Department. It provides information to current and prospective students, alumni,



friends, clinical educators and patients. Whether the visitor is seeking information about our programs, getting involved with our students, receiving treatment or participating in the latest clinical trials, the answers are all available at the click of a mouse. The site will also serve as the portal for the Depart-

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## We're #1.... Should we care?



James Gordon, EdD, PT  
Chair



Sandra Howell, PhD, PT  
Associate Chair

We live in a world that sometimes seems obsessed with polls and rankings. Who can forget the controversy that erupted during last year's football season? USC's football team was ranked #1 in both national polls but was shut out of the BCS championship game because it was third in the BCS ranking system. The overwhelming sentiment, of course, was that the NCAA should devise a way to allow the teams to settle which is best on the football field, not in polls or rankings.

Obviously, there can be no such resolution to the question of which is the best physical therapy program in the country. We can only rely on polls and ranking systems. To rank physical therapy programs, the *U.S. News and World Report* (USN&WR) uses peer assessment surveys. Two faculty members in each of the approximately 200 programs across the country rate each of the other programs on a 1 to 5 scale. The program with the highest average rating is ranked #1, and so forth. Clearly this is far from a competition based on objective measures. Instead, we have been judged by our peers, primarily based on reputation. So, one might ask, should we care?

The truth is that our discussions in the Department are much like those that John Wooden (yes, the legendary basketball coach at UCLA!) always had with his players. They didn't talk about winning but about teamwork, about every player fulfilling and maximizing his potential, and about getting out there and doing their best. Now that could sound a little corny. But, in faculty meetings we also don't sit around and talk about getting the #1 ranking. What we do talk about is how to become a world class program by attracting the best faculty so that we can lead the way in curriculum and research. We put a lot of energy into recruiting a diverse and talented student body who can respond to our challenging curriculum. We discuss the development and utilization of our wonderful space and resources so that we can provide a creative and innovative learning environment. We explore interdisciplinary collaborations nationally and internationally and build on those experiences. When we achieve the goals we set for ourselves, the #1 ranking is a by-product.

Do we care? Yes. To be judged the top program by our peers is, for us, a great honor and an even greater responsibility. As a Department – faculty, students, and staff, we feel enormous pride in what we have accomplished. We hope you also feel that pride. Each of you, alumni and friends of the Department, has played a role in that accomplishment.

*James Gordon*      *Sandra Howell*

## USC PT is #1 (continued from page 1)

is no accident that the top-ranked programs in both physical therapy and occupational therapy are at USC," Gordon said, praising Joseph P. Van Der Meulen, vice president for health affairs, and his staff for helping both programs excel.

Established in 1943 to train physical therapists at the undergraduate level, the Department started offering master's degrees in physical therapy in 1962. When it began awarding a doctor of philosophy degree in 1984, it was the first physical therapy program in the nation to do so. It was only the second program in the nation to offer the Doctor of Physical Therapy as the entry-level professional degree in physical therapy.

Today, the Department enrolls about 285 students. The majority are enrolled in its entry-level Doctor of Physical Therapy program, which prepares graduates for a career in physical therapy. Other students are enrolled in the post-professional Doctor of Physical Therapy program, which prepares practicing physical therapists to become clinical educators, research collaborators and leaders in the profession. Still more are in residency programs in Orthopedic and Neurologic Physical Therapy (specialty programs for practicing therapists) or in Biokinesiology-specific research degree programs (master of science and doctor of philosophy).

Faculty members conduct research in a number of areas: biomechanics, motor behavior and motor control, exercise science and motor development. Among other external research funding, the Department received a \$1.5 million grant, the largest ever granted by the Foundation for Physical Therapy, to establish and lead PTClinResNet, a network linking five major physical therapy research centers.

Gordon said the faculty will keep the momentum going. "Having earned a number one ranking, we should not become complacent," he said. "If anything, we now must work harder to ensure that we deserve that ranking. In effect, the number one ranking magnifies the expectations by which we are judged. And of course, now we must begin the hard work of staying at number one."

-Alicia Di Rado  
USC Health Sciences Public Relations

## New Multicultural Leadership Alliance Formed

In order to promote the professional and leadership development of underrepresented students, third year DPT students established the USC Physical Therapy Multicultural Leadership Alliance (USC-PTMLA). This student run organization is open to all interested students, with several objectives in mind. The first is to enhance the capacity of this premiere physical therapy educational program to provide a high quality educational and professional experience for physical therapy students in general, and underrepresented students in particular. This will be accomplished through stronger representation of issues and concerns of the minority, underrepresented, and underserved communities in both the academic and the clinical setting. The second objective is to provide significant leadership, networking, and mentoring opportunities for physical therapy students by establishing relationships with interested USC PT alumni. The third objective is to provide community service opportunities and to promote awareness of physical therapy-related issues for minority and underserved populations. The final objective is to establish formal mechanisms to foster communication with departmental leadership on issues of importance to underrepresented students in the USC physical therapy community.

“Our goal is to have faculty and alumni become mentors for the underrepresented incoming and current students throughout their time at USC. We hope to have students reciprocate this process by becoming mentors to local high school students who have an interest in becoming physical therapists” said Cristy Borboa, who is leading the effort to create the Alliance. “It is important for the students to have support from those who have gone through the process and achieved successful careers as an outcome” she said.

The first major event of USC-PTMLA will be a welcome barbeque this fall, scheduled for Saturday, August 28. This will provide the incoming students a chance to meet current students, faculty and alumni who are interested in the group’s purpose. All interested in participating in the USC-PTMLA are invited to attend this event. For more information or to join the Alliance, email Cristy Borboa: borboa@usc.edu.



## Let's Get Better Acquainted!

Being ranked the #1 PT program in the country reflects on the outstanding faculty and students, and also indicates the quality and commitment of our alumni and friends. “I understand the important role our former students, now alumni, have played in helping us achieve this honor. These are people I want to get to know better!” noted Department Chair Dr. James Gordon.

Shortly after learning about being the top-ranked program, Dr. Gordon sent a letter to alumni and friends sharing the wonderful news, plus bringing them up-to-date on some of the advances and challenges facing the Department. Included in his Communiqué was a Mini Survey to collect meaningful information about the preferences of the Biokinesiology and Physical Therapy alumni and friends. “Bringing our family closer to the Department is one of my goals,” remarked Dr. Gordon. “We want them to be engaged in our successes and supportive of our challenges. We are especially grateful when alumni volunteer their time and expertise as adjunct faculty, as mentors, and as potential employers for our graduates. Having extensive alumni involvement with our students is a “value-added” element of our students’ education.”

The Mini Survey helped the Department capture email addresses plus discover individuals who would prefer information via email rather than U.S. mail. In addition, our alumni and friends had an opportunity to note their interest in becoming mentors and/or having a USC PT student intern in their practice.

“The response of our alumni regarding their interest in being mentors and/or having a USC intern in their practice was overwhelming,” reported Dr. Gordon. Many survey respondents also indicated their interest in serving on alumni or advisory boards. “Having this kind of information available is a big help when we need advice, expertise, or are planning special activities,” said Sara Villagran, director of alumni relations for the Department. We will be maintaining active files so that we can call on individuals as the opportunity arises.”

While expressing gratitude to the respondents’ interest, Ms. Villagran observed that there were so many people who asked questions or needed additional information that it will take the rest of the summer to respond to all of them.

If you have not yet filled in your survey, please visit the Department’s Alumni webpage at <http://pt.usc.edu/alumni/alumni.htm>, click on the “Communiqué and Survey” link and fill in the document via the Internet. Or, go directly to <http://pt.usc.edu/alumni/communique.htm>

## PT Student Selected Outstanding Teaching Assistant by USC

**M**arisa Perdomo, a graduate teaching assistant in the Department of Biokinesiology and Physical Therapy, has always viewed physical therapists such as herself as teachers offering life-changing lessons for patients.

As it turns out, Perdomo's students and peers think she's more than a therapist too — which is why she was honored with the Outstanding Teaching Assistant Award at USC's 23rd annual Academic Honors Convocation on March 11.

A student in the post-professional doctoral program for physical therapy with a master's degree in biokinesiology from USC, Perdomo, 43, said that a lifelong interest in medicine and a painful experience as a hospital patient drew her to physical therapy.

"I remember reading an article in Newsweek when I was younger about a college football player injured in a game and hearing about his rehabilitation. I was thinking, 'Here's a profession that helps people regain function,' and I knew that was what I wanted to do," she said.

In her teens, she experienced a painful recovery from lymphoma treatment, exacerbated by nurses who hefted her from bed without apparent concern for her comfort or how it might affect her healing.

"I thought, 'There has to be a better way than this. There has to be someone who can teach you how to move in bed without pain,'" she said.

Now a nationally recognized lecturer in oncology-based physical therapy, Perdomo calls upon her experiences as an orthopedic manual therapist and developer of a community-based support group for lymphedema patients. In addition, she offers a unique perspective as a survivor of three bouts of cancer.

Perdomo's students describe her as an extremely knowledgeable and attentive instructor, as well as an important source of encouragement and guidance.



*Left to right: Department Chair James Gordon; Marisa Perdomo holding her Outstanding Teaching Assistant Award; Associate Professor Rob Landel.*

What Perdomo loves most about teaching "is taking a topic that students know nothing about and then finding something that excites them — something that sparks an interest or passion or touches a heartstring. There's nothing like seeing a student get excited about comprehending new material or master a new skill or technique."

"The other great thing about being a teacher," she said, "is that you also have to be a professional student yourself. You have to constantly learn and challenge yourself to be able to teach anything."

Describing her teaching philosophy, Perdomo said that she strives "to create a supportive atmosphere where students feel challenged during the learning process but remain confident in their ability to integrate and apply the new concepts."

-Jon Nalick  
USC Health Sciences Public Relations

## PODS I Scholarship Recipient

**R**ichard B. Souza, MPT, and PhD student in biokinesiology (right), has been selected by the Foundation for Physical Therapy Board of Trustees to receive a \$7,500 Promotion of Doctoral Studies scholarship in support of the post-candidacy phase of his doctoral studies. Souza was one of six recipients across the nation. Our congratulations to Richard!



## USC Student Receives Outstanding PT Student Award from the APTA

John Popovich, now a graduate of the Doctor of Physical Therapy program, received the Outstanding Physical Therapy Student Award given by the American Physical Therapy Association at the 2004 Annual Combined Sections Meeting in Nashville, TN. The purpose of this award is to identify a student physical therapist with exceptional scholastic ability and potential for contribution to orthopaedic physical therapy. The criteria for eligibility is that students shall excel in academic performance in both the professional and pre-requisite phases of their educational program, and be involved in professional organizations and activities that provide the potential growth and contributions to the profession and orthopaedic physical therapy.

"The mission of the University of Southern California's DPT program is to educate authoritative practitioners and future leaders in the profession of physical therapy. Mr. Popovich embraced this mission wholeheartedly through his pursuit of excellence in the clinical arena and his voluntary involvement in rehabilitation science research," said Kornelia Kulig, associate professor of clinical physical therapy at USC.

John Popovich received his baccalaureate and masters degrees from the University of Hawaii. He graduated in May 2004 from the Doctor of Physical Therapy program at USC and was elected Student Commencement Speaker by his peers. While in the program, he was selected to complete a full-time clinical internship at Rancho Los Amigos National Rehabilitation Center and at the Cleveland Clinic. Furthermore, through a highly competitive process, he was selected to ful-



*John Popovich and Associate Professor, Kornelia Kulig*

fill a research internship at the NIH, where he studied questions related to foot morphology in patients with rheumatoid arthritis. His contributions culminated in a poster presentation at CSM and a second invitation to join the NIH's clinical research trials this summer. His USC related research collaborations were related to biomechanical analyses of slips during walking under the guidance of Dr. Burnfield, and to the biomechanical and clinical characteristics of the lumbar spine under loaded and unloaded conditions in symptomatic and asymptomatic subjects, under the guidance of Dr. Kulig.

## Biokinesiology Student Receives Grant from the National Strength and Conditioning Association

Loren Chiu, PhD student in the biokinesiology program, working under the supervision of Dr. George Salem in the Department's Musculoskeletal Biomechanics Research Laboratory, has been awarded a \$2,500 grant from the National Strength and Conditioning Association (NSCA). His study, entitled "Determination of Subject Specific Anthropometrics Using DEXA: The Effect on Joint Kinetics During Weightlifting," will determine the influence of individual subject-specific anthropometry on biomechanical variables in the sport of weightlifting.



*Loren Chiu, PhD student*

Subject-specific anthropometry will be determined using dual-energy x-ray absorptiometry (DEXA). Biomechanics

will be measured using a six-degree of freedom motion analysis system. Subjects will include elite weightlifters from Los Angeles and surrounding counties.

This research will allow accurate portrayal of the mechanics of weightlifting, which is important in determining the benefits and risks of these activities. This research addresses two important limitations in available research in weightlifting. To date, no research has directly determined subject-specific anthropometry in elite weightlifters; nor has any research used a six-degree of freedom motion analysis system to study the mechanics of weightlifting. A six-degree of freedom motion analysis system can accurately measure rotations in all three cardinal planes.

The NSCA was formed in 1989 to financially support higher education of students pursuing a career in the strength and conditioning field and to facilitate and disseminate strength and conditioning research.

## Farewell to Jo

The Department is sad to announce the retirement of clinical education coordinator, Jo Ochoa. In honor of her many years of service and significant contributions, Jo was presented with a "Departmental Tribute Award" at the Department's 61st Commencement Ceremony on May 14. The following tribute was presented by assistant professor of clinical physical therapy and director of clinical education, Dr. Chris Sebelski.

"Jo Ochoa has been a member of the USC Department of Biokinesiology and Physical Therapy for twenty years. For most of the time, she has been Clinical Coordinator of Clinical Education. Originally appointed by Dr. Helen Hislop, Jo Ochoa was the first non-physical therapist to hold this position within the Southern California clinical education community. She has seen the Department make the transition from the Masters degree to the Doctor of Physical Therapy. She has facilitated this shift in the mission of the Department by engaging the clinical education community and explaining the reasons for the change. She has been a wonderful representative of the Department, especially in communicating with various clinicians, and in developing and maintaining relationships with clinical sites. Her tireless efforts, outstanding organizational skills, and communication style has given her nationwide name recognition in the physical therapy community. As a result of her efforts, USC maintains a database of over six hundred and fifty clinical affiliation sites across the United States.

She is not only a representative of the Department to the clinical community but also she is a consistent face to the student community at USC. There are a few people who are so universally loved by the student body. With unflinching generosity of her time, she counsels and advises students and keeps abreast of the events that affect our students during their three years at USC. She emails, phones, pins notes on doors and sends messengers to keep everyone timely and on track so that all the "little but necessary" parts of life remain in place. I am sure that each of the graduates here today has been on the receiving end of one of these timely reminders. It is therefore with mixed feelings that we recognize Jo's retirement after her many years of contributions and service to the Department.

It has been my privilege to work side by side with someone who is a role model not only to the students but also to the faculty. Her commitment to her career at USC and especially in the clinical education department should not go unrecognized or unappreciated. Her level of professionalism will continue to serve as the gold standard in the clinical education program.

Jo, for all this and so much more, on behalf of the Department of Biokinesiology and Physical Therapy, I would like to present to you these mementos in recognition of your remarkable contributions to clinical education in the DPT program at USC."

On May 13, at the Commencement Awards Ceremony, the students from the 2004 graduating class recognized Jo with a "Service to the Class" award.

Thanks for everything, Jo. You will be missed!



*Jo Ochoa (left) was presented with a crystal award in the shape of a sunrise and a stole from the Department. Dr. Chris Sebelski poses with Jo.*

## Clinical Education Sites Needed

The Department is always looking for additional quality clinical education sites for our entry-level DPT students. We are especially interested in sites where our graduates are clinical instructors, and experiences that range from two- or six-week commitments to full 16-week positions.

Facilities outside the Los Angeles area that can offer free or inexpensive housing provide students with invaluable opportunities to complete their clinicals in places they would not otherwise experience. If your facility is interested in partnering with USC, please contact Chris Sebelski, Director of Clinical Education at (323) 442-2935 or at [sebelski@usc.edu](mailto:sebelski@usc.edu).

The Department thanks all of you who have established an affiliation over the years for the clinical education of our DPT students. A special thank-you to our alumni who provide student housing on a continuous basis. Your generosity is greatly appreciated.

## Volunteer Clinical Faculty

Center Coordinators of Clinical Education (CCCEs) and Clinical Instructors (CIs) who strongly support our program and regularly participate in our students' clinical education experiences are invited by the Department to become "Volunteer Clinical Faculty." This is a great opportunity to work closely with the Department and to receive the following benefits:

- USC Volunteer Faculty ID Card
- Access to the USC libraries, including online OVID search engine
- 10% discount at the USC bookstores
- Faculty discounts for USC sporting events, plays, concerts, etc.

If you are interested in these benefits and would like to become a regular Clinical Instructor for USC DPT students, please contact Chris Sebelski, Director of Clinical Education at (323) 442-2935 or at [sebelski@usc.edu](mailto:sebelski@usc.edu). We'd love to hear from you!

## Continuing Education

### Attention Clinical Education Community and Alumni!

The Department will be offering the following Continuing Education courses in the fall of 2004:

Aug. 21 - 22 - *Diagnosis and Treatment of Movement Impairment Syndromes of the Neck and Shoulder* - Shirley Sahrman, PhD, PT, FAPTA.

Sept. 11 - *Manipulation for Lumbar Spine* - Dr. Tim Flynn.

Nov. 6 - 7 - *Differential Diagnosis* - Dr. William Boissonault.

Clinical educators qualify for a discounted price as a thank you for working with our students.

For questions or more information, contact Chris Sebelski, Director of Clinical Education (323) 442 2935 or [sebelski@usc.edu](mailto:sebelski@usc.edu).

## Second Annual FASIG Retreat held at USC

The second research retreat sponsored by the Foot and Ankle Special Interest Group (FASIG) of the Orthopaedic Section of the APTA took place April 30-May 1, 2004 at the USC Department of Biokinesiology and Physical Therapy. Forty-three participants enjoyed rich discussion centered around 13 platform presentations and two keynote addresses delivered by Arne Lundberg, MD and Neil Sharkey, PhD. The course participants offered a wide variety of backgrounds. Speakers and those in attendance included physicians, podiatrists, engineers, physical therapists and doctoral students. At the end of the second day, all course participants engaged in the development of a consensus statement that will be summarized in a future issue of the Journal of Orthopaedic and Sports Physical Therapy.

The research retreat was organized by Irene McClay-Davis, Debbie Nawoczenski, Blaise Williams and USC Adjunct Professor, Steve Reischl. The FASIG would like to acknowledge the Department of Biokinesiology and Physical Therapy of USC who served as host for the meeting and provided all the amenities for the two day retreat.

Be sure to look for the proceedings of this meeting in an upcoming issue of the JOSPT!



Participants from the Foot and Ankle Special Interest Group (FASIG) retreat sponsored by the Orthopaedic Section of the APTA and held at USC April 30-May 1, 2004.

# President of the APTA Addresses the Class of 2004

**B**en F. Massey, Jr., president of the American Physical Therapy Association (APTA) served as the keynote speaker for the USC Department of Biokinesiology and Physical Therapy Commencement Ceremony on May 14. The title of Mr. Massey's talk was "The Future is Bright for Physical Therapy."

Mr. Massey was re-elected as president of the APTA in June 2003 for a second three-year term. He is Executive Director of the North Carolina Board of Physical Therapy Examiners in Durham, North Carolina. An active APTA member since 1976, Mr. Massey has served the Association in many leadership positions, including as Secretary of the APTA Board of Directors, Vice Speaker of the APTA House of Delegates, and Chair of the APTA Nominating Committee. He served as Secretary of the Foundation for Physical Therapy and as a Trustee for the Physical Therapy Political Action Committee (PT-PAC). He also served on the Board of Directors of the Federation of State Boards of Physical Therapy. In addition, he served in the North Carolina Physical Therapy Association as President, Vice President, Chief Delegate, and chair of many standing committees and task forces.

Mr. Massey is the recipient of many awards in recognition of his many contributions to the Association and the profession of physical therapy. He has received awards from the APTA, the North Carolina Physical Therapy Association, the Federation of State Boards of Physical Therapy, and the University of North Carolina.

Mr. Massey received his bachelor of science in physical therapy from the University of North Carolina, Chapel Hill

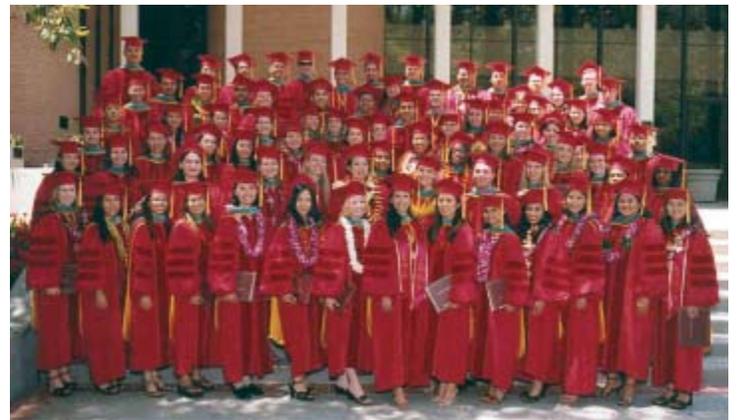


*Department Chair James Gordon (right) presents Mr. Massey with a memento from the Department.*

and his master of arts from the University of Phoenix. He currently resides in Raleigh, North Carolina. "He has provided firm and decisive leadership to the APTA during a time of rapid changes in our professional status, including the shift to the DPT and the broader movement of physical therapists to autonomous practice," said Department Chair, James Gordon.

Mr. Massey addressed the Department's class of 2004 which consisted of 80 graduates from the Entry-Level Doctor of Physical Therapy program, 8 graduates from the Post-Professional Doctor of Physical Therapy

program, 4 graduates from the residency programs in Neurologic and Orthopedic Physical Therapy, 2 graduates from the Master of Science in Biokinesiology and 4 graduates from the Doctor of Philosophy in Biokinesiology.



*Doctor of Physical Therapy Class of 2004 pose for their class photo.*

## Departmental Awards and Honors

**O**n Thursday, May 13, Mr. Massey and his wife Darlene Sekerak, director of the Division of Physical Therapy at The University of North Carolina at Chapel Hill, attended the Department's Open House and Commencement Awards Ceremony in honor of the graduating class. During the event's reception Mr. Massey and Dr. Sekerak mingled with members of the graduating class, faculty and staff. They were honored guests at the Awards Ceremony, where many of the faculty and graduates were recognized for outstanding teaching, academic achievement, outstanding mentorship, service to the community, service to the profession, student leadership, etc. A complete list of the various awards follows:

### Departmental Tribute

Presented to an individual in recognition of significant contributions or assistance to the Department over a prolonged period of time. This year's recipient was:

*Jo Ochoa*

### Clinical Educator of the Year

Presented to a clinical educator who has provided exceptional teaching, service, and support to our students. This year's recipient was:

*Suzanne Freeman, MPT, OCS*

# Departmental Awards and Honors *Continued*

## Outstanding Teacher Award

Presented to faculty members who demonstrate high intellectual standards, extremely effective teaching strategies, and genuine concern for the students. The recipients selected by the students were:

*Jack Turman, Jr., PT, PhD* (full-time faculty)  
*Judith Burnfield, PT, PhD* (adjunct faculty)  
*Stephen Reischl, DPT, OCS* (adjunct faculty)

## Outstanding Mentorship Award

Presented to students in the PhD, PPDPT, or Residency Programs who demonstrate exceptional skill in assisting DPT students to master difficult curricular content, participate in professional activities, and achieve personal growth essential to the successful practice of physical therapy. This year's recipient was:

*Alberto F. Vallejo*

## Academic Achievement in Basic Science Award

Presented to a graduating Entry-level DPT student in recognition of outstanding academic achievement in the basic sciences. This award is based on performance in the core basic science courses. This year's recipient was:

*Grace Yu-Chun Liao*

## Outstanding Overall Academic Achievement Award

Presented to a graduating Entry-level DPT student in recognition of outstanding academic achievement in all courses. The award is based on cumulative grade point average for all course work. This year's recipient was:

*Anne Kertson*

## Order of the Golden Cane Award

Presented to graduating students in any of the Department's programs who have demonstrated outstanding accomplishments in several different areas of professional endeavor, in-



*Dr. James Gordon presents a medal to each recipient of the Order of the Golden Cane Award.*



*A highlight of the event was a musical tribute presented by DPT graduate Grace Liao on the violin, accompanied by Dr. Stan Azen on the piano.*

cluding academic course-work, clinical practice and scientific research. The Order of the Golden Cane is the highest honor awarded to graduates from the Department. This year's recipients were:

*Anne Kertson*  
*Andrea Michelle Lee*  
*Heather C. Nass*  
*Brita Christine Herlick*  
*Allison Rebecca Lamberty*  
*Grace Yu-Chun Liao*  
*Mildred V. Limcay*  
*Thomas L. Sutton*  
*John M. Popovich*

*Aaron N. Kraai*  
*Erin Ito*  
*Sean Flanagan, PhD*  
*Dorian K. Rose, PT, PhD*  
*Susan M. Sigward, PT, PhD*  
*Samuel Richard Ward, PT, PhD*  
*Kathryn L. Doubleday, DPT, OCS*  
*Rose L. Hamm, DPT*

## Outstanding Service to the Community Award

Presented to a DPT student who has volunteered his/her time and talent to serve others with a selfless zeal. This year's recipient was:

*Erin Ito*

## Kathleen Bice Award for Service to the Profession of Physical Therapy

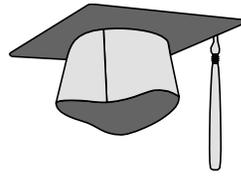
Presented to a DPT student who has volunteered his/her time and talent to the profession of Physical Therapy with the spirit exemplified by Ms. Bice. This year's recipient was:

*Aaron N. Kraai*

## Outstanding Student Leadership Award

To honor and acknowledge a graduating entry-level DPT student who has committed his/her time, organizational skills, and leadership qualities to fellow students, the Department, and the profession. This year's recipient was:

*John M. Popovich*



## Keeping in Touch

1967

*Hilary Andrews* writes that she is recovering from a complicated pelvic fracture, sacral and L-4 -5 fractures from a freak car accident. "I was shocked to see the discharge notes per RN didn't include the MD's discharge plan to see a different orthopedist two weeks post hospital stay, so I didn't get to vote on being transferred to a different facility for pelvic traction or to L.A. for pelvic refracture. This doesn't feel at all okay to me. Does it to you?"

1979

*Don Kravets* has been married to Diane for 26 years and have two sons: Brian, 23 and Adam, 18. Don is Director of Pediatric Rehab for Kessler Onsite Rehabilitation Services in Northbrook, IL.

1992

*Andrea Avruskin* received her post-professional DPT from Creighton University in May 2003. She writes, "to catch up on the past 6 years, I came to Las Vegas to work full-time with Cirque du Soleil at their show "O". In 2001, after attending an audition just for fun, I was cast and hired to dance full-time in the classic Las Vegas show "Jubilee", so I have performed 12 shows a week there since. I went part-time at Cirque du Soleil, and work at "O", "Mystere", and "Zumanity" during the day. I also work in 3 community clinics on-call, and have branched out into pulmonary rehab. Recently, I had been fighting hip pain for a while and found out it was a torn labrum, and so now am awaiting a hip arthroscopy, an unusual surgery for which I must go to Pittsburgh. It has been a struggle of months of misdiagnosis and forcing myself to dance on it in significant pain. I am praying that I can return to all of my regular jobs after a few months of rehab!!"

### THE CLASS OF '93 WOULD LIKE TO HAVE A TEN YEAR REUNION ONE YEAR LATE.

"Some of us have been talking about trying to meet up at the CPTA conference in Anaheim this fall. For those who don't want to go to conference, first of all shame on you and second of all, hey you're at Disneyland, make it a family vacation. If you're interested in coming or just want more information, email me at [cdt@in-balance.com](mailto:cdt@in-balance.com). Even if you don't want to come to a reunion, please email me and let me know what you're up to. Cheryl Tibbetts, MPT, OCS."

1994

*Gabrielle Simone Shrier (Friedman)* writes, "I recently started my own business with 2 other partners—it is called Core Conditioning. We are located in Burbank and are opening a new

facility in Studio City. We offer Pilates and Gyrotonic® as part of our rehab approach. We are also offering education workshops on Physical Therapy and Pilates."

1995

*Jill Heileman (Bachman)* writes, "Hi guys! I am still living in Hawaii, and work fulltime as a mom, and as a call-in PT at an acute rehab hospital for 4-20 hours a month. My husband Jon works as a government contractor doing future operations and planning. Noah turned 2 in February and his sister Hannah was born Sept 30, 2003. Being a mom is more challenging than memorizing the origin and insertions of all the muscles in the forearm and hand!...but WAY more fun! I see Lori Yee (Pang)...(Go BOWS!) often as she has a baby the same age as Hannah. We would love to have any of you 'mainlanders' come and visit us 'Hawaiian's'! Send me an e-mail, I'd love to catch up with you." ([Luvmygod@aol.com](mailto:Luvmygod@aol.com))

### ATTENTION CLASS OF 1995: 'SAVE THE DATE'

A small group has begun to plan their 10-year reunion for September 2005, but they need help tracking down everyone! Please send Katie Hettrich any contact information—yours and anyone else you still stay in touch with. And plan on coming—it will be a great time!

Contact Katie at [ktph1@juno.com](mailto:ktph1@juno.com) with your home address, e-mail address, phone number and if you would be willing to help.

1996

*Bob Love* was one of the featured viola soloists in the La Mirada Symphony concert held on December 20, 2003 at the La Mirada Theatre for the Performing Arts. He continues to be a member of the PT community as he works full time at the VA in Long Beach, but also has pursued his music interest, his background prior to studying at USC.

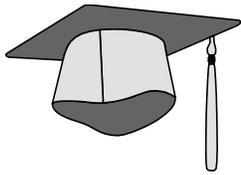
2001

*Kevin McClenahan* completed his internship with the San Francisco Giants sports medicine during spring training 2004. He was recently promoted to Clinic Director for PRN/Brawley, CA.

### Marriages

1972

*Linda Carlton (Waugh)* recently was married to Wayne Langford. "We honeymooned in San Antonio, Tx. We live in Brea," she writes.



## Keeping in Touch

1999

Jason Park married Sandy Suh on April 24th, 2004. He currently owns a successful outpatient orthopedic clinic in Laguna Hills.

2001

Raul Lona and Munisha Ramsinghani were married August 2, 2003. "We are both doing great," writes the couple. Munisha is working for CCS – Reseda, and Raul works as a faculty clinical instructor/research therapist for USC. "Warm regards to everyone," they add.

2002

Leslie Frank was married April 10th, 2004, to John Gerz in Pasadena, CA

## Births

2001

Kimberly Marvil Bickerton is the proud mother of Jack Ryan Bickerton, born January 8, 2003. Kimberly is working as a school based physical therapist for the Los Angeles Unified School District. Left, the Bickerton family, David, Kim and Jack.



2002

Janet and Gary Konecne ('96) are very proud to announce the birth of their daughter Caitlyn Ann, born March 23, 2004. She weighed 7 lbs, 11 oz. and was 20 inches long.

2003

Jenny and Tim Lundberg ('98) are the proud parents of Alexandra Kirsten, born on Saturday, May 29th at 3:50 pm. Alexandra weighs 8 lbs 13 oz and is 19". Congratulations to the Lundbergs.

## Deaths

1952

Nedra M. Lindquist (Ott) died Thursday, Feb. 12, 2004, at Maryhaven Nursing Home in Glenview. Nedra retired after working 30 years as a physical therapist for the Chicago Board of Education. She served with the Red Cross during World War II in France and Germany. Nedra earned her master's degree in physical therapy at the University of Southern California. She also received her certificate in physical therapy from the University of Iowa.

## Alumni Receive Clinical Specialist Certification

### Cardiovascular and Pulmonary Physical Therapy

Jeffrey Rodrigues, PT, DPT, OCS

### Clinical Electrophysiologic Physical Therapy

Douglas Munoz, PT, MS, ECS

### Geriatric Physical Therapy

Kevin Ochs, PT, MPT, GCS

### Neurologic Physical Therapy

Julie Tilson, PT, DPT, NCS

### Orthopaedic Physical Therapy

Jerry Baranick, PT, DPT, OCS

Matthew Booth, PT, DPT, OCS

Frank Chow, PT, DPT, OCS

Christine Drago, PT, DPT, OCS

Johnathan Farahmand, PT, DPT, OCS

Erik Haddick, PT, MS, OCS

Robert Kennell, PT, MS, OCS

Karena Lee, PT, DPT, OCS

Peter Levy, PT, MPT, OCS

Brenda Madsen, PT, DPT, OCS

Maria Nieto, PT, OCS

Laura Tietjen, PT, MS, OCS

Stella Vargas, PT, MS, OCS

Shirley Wachi, PT, DPT, OCS

### Pediatric Physical Therapy

Jeanene Laegreid, PT, MS, PCS

Diana Weber, PT, MS, PCS

## LIFETIME E-MAIL FORWARDING FOR ALUMNI



E-mail providers come and go, but your USC connection is forever. No need to worry about complicated, hard-to-remember e-mail addresses that change every six months. As an automatic member of the USC Alumni Association, you can sign up for free lifetime e-mail forwarding with a USC domain name.

Visit <http://alumni.usc.edu> to find out how you can get **yourname@alumni.usc.edu** and never have to change e-mail addresses again!

## Kulig Receives Award for Excellence in Academic Teaching from the APTA

**K**ornelia Kulig, associate professor of clinical physical therapy, has been selected as the 2004 recipient of the Dorothy E. Baethke Eleanor J. Carlin Award for Excellence in Academic Teaching. The award was established in 1981 to recognize excellence in academic teaching in physical therapy. The purpose of the award is to acknowledge an individual who has made significant contributions to physical therapy education through excellence in academic teaching as exemplified in the professional and teaching careers of Dorothy E. Baethke and Eleanor J. Carlin.



Kornelia Kulig, PhD, PT

“Beyond mere eligibility, Dr. Kulig qualifies to receive this honor because she is an exceptional teacher, whose dedication to excellence in physical therapy and commitment to her students is legendary here at USC”, said Department Chair James Gordon. “In addition to being a teacher, Dr. Kulig is also a scientist and a clinician, one of the rare individuals who is able to balance her activities in these three areas,” he said.

Dr. Kulig was selected by the APTA Board of Directors to receive this award, which will be presented at the APTA Honors and Awards Recognition Ceremony during the 2004 Annual Conference and Exposition of the APTA on Thursday, July 1 in Chicago.

## Schroeder Receives Grant from Wright Foundation

**A**ssistant professor of research E. Todd Schroeder, has been awarded a \$50,000 grant from the Robert E. and May R. Wright Foundation for his study in the area of translational arthritis research. His study, entitled *Enhancing Skeletal Muscle Protein Metabolism and Function*, will test whether resistance training, a potent stimulus for protein synthesis, will enhance protein metabolism, muscle quality, and ultimately physical function and that these effects will be enhanced by restoring testosterone to physiologic levels.



E. Todd Schroeder, PhD

Rheumatoid arthritis (RA) and aging are associated with a loss of skeletal muscle mass, impaired physical function, and frailty. Although the causes are multifactorial, inflammation and immobility are postulated to contribute to these complications. These effects are accompanied by declines in testosterone, the body’s most powerful regulator of muscle mass and strength. Understanding the physiological basis for alterations in protein metabolism causing muscle wasting will have important implications for the treatment of RA and age-related muscle wasting. Both non-pharmacologic (resistance exercise training) and pharmacologic (testosterone) interventions known to improve net protein balance in young adults by enhancing muscle mass and muscle quality (force per unit of muscle) will be studied to augment functional capacity in RA.

## Wu Awarded \$876,500 Grant from NINDS

**A**llan Wu, MD, assistant professor in the USC Department of Neurology, and a member of the Department of Biokinesiology and Physical Therapy Motor Behavior and Neurorehabilitation Laboratory, has been awarded an \$876,537 five-year grant from the National Institute of Neurological Disorders and Stroke (NINDS). Dr. Wu will be mentored for the duration of the grant by Dr. Carolee Winstein, associate professor in the Department of Biokinesiology and Physical Therapy and director of the Department’s Motor Behavior and Neurorehabilitation Laboratory.

This Research Career Development grant, entitled *Motor Cortex Function in Unimanual Goal-Directed Aiming*, will fund studies of transcranial magnetic stimulation (TMS) effects on mechanisms of motor (movement) control. TMS is a relatively new technique that can painlessly and non-invasively stimu-

late the brain and allow mapping of brain-behavior relationships.

The first 2 years of the grant will fund a Transcranial Magnetic Stimulation (TMS) research fellowship at existing TMS laboratories at UCLA and at Boston’s Beth Israel Deaconess Medical Center while establishing the first TMS-equipped research laboratory at USC.

This new TMS-equipped USC Neuromotor Physiology Laboratory is being developed with the resources of the Department of Biokinesiology and Physical Therapy and is an extension of Dr Winstein’s laboratory. The final three years of the grant will be centered at the USC Neuromotor Physiology laboratory and will explore TMS effects in neurologic disorders such as Parkinson’s disease, stroke, and dystonia.

## Two PT Faculty Members Receive Grants from the USC Zumberge Fund

Two faculty members of the Department of Biokinesiology and Physical Therapy are the recipients of Zumberge research grants this year. Established as the Faculty Research and Innovation Fund by former USC President James H. Zumberge to enhance scholarship at the university, the fund was renamed in Zumberge's honor in 1991. It is the only university research money given to USC faculty. The purpose of the Zumberge Interdisciplinary Research Grants is to encourage more collaborative efforts between faculty in different schools and/or disciplines. The Zumberge Fund also supports Individual Research Grants for the purpose of helping junior faculty launch their research careers or to facilitate a change in research direction for senior faculty.

**Dr. George Salem**, assistant professor, is the recipient of a Zumberge Interdisciplinary Research Grant for his study of *Biomechanical Analysis of Rehabilitative Exercise Following Anterior Cruciate Ligament (ACL) Repair: Influence of Different Surgical Interventions*. Thomas Vangness, MD, from the Department of Orthopaedic Surgery in the Keck School of Medicine, is co-principal investigator. The grant provides \$44,785 in research funds.



George Salem, PhD

Dr. Salem's collaborative effort is unique in that it is the first randomized control trial development study proposed by the USC Department of Orthopaedic Surgery and the Department of Biokinesiology & Physical Therapy; it is the first study to characterize lower-extremity rehabilitation kinetics using patients rehabilitating from an ACL procedure, and; it establishes C-BREK, a multi-center, clinical research network. This collaborative examination will also yield important preliminary data that will provide the rationale for a future National Institute of Health proposal.

This research will be the first to use systematic biomechanical investigation to characterize ACL rehabilitation exercises for patients with different surgical interventions. Twenty-four patients rehabilitating after ACL repair will perform standard rehabilitative exercises for the knee while instrumented for biomechanical analysis. The exercises will be identified by orthopaedists from the Department of Orthopaedic Surgery. Using an eight-camera motion analysis sys-

tem (Vicon) and two force platforms, the joint moments of force (JMOF), joint excursions, and muscle activity will be computed for each joint and exercise activity. Statistical analyses will then be used to identify those exercises that generate the greatest peak JMOF, joint excursions, and average muscle activity across surgical procedures.

**Dr. Sandra Howell**, associate professor and associate chair, is the recipient of a \$25,000 Individual Research Grant for her study entitled *East meets West for Acute Stroke Patients in China*.



Sandra Howell, PhD, PT

Dr. Howell's study is a pilot project that has been in progress since spring 2002 to study the characteristics of acute stroke and functional outcomes post-stroke in mainland China. A collaborative research agreement has been established with four hospitals in central China where the urban and rural healthcare settings are representative of the majority of the Chinese population. Chinese doctors in the hospitals have been trained by Dr. Howell and co-investigators, Kathy Sullivan, Ph.D., Beth Fisher, Ph.D. and Gene Sung, M.D., in functional outcomes measurement typically employed in international post-stroke outcomes research. The doctors in China are currently collecting outcomes data from patients presenting with acute stroke at the four hospitals participating in the study.

Analysis of this data will help reveal a clinical picture of stroke in China, the fastest escalating public health concern in a developing country undergoing the most rapid economic growth in the world today. Because the standard of care for stroke in central China is traditional Chinese medicine (TCM), future studies are planned to assess the efficacy of TCM in treating stroke. In addition, it is of interest to develop a clinical trial to examine a complementary medical approach where integration of TCM and Western neurorehabilitation will be applied in the treatment of stroke survivors in central China. The long-range trajectory for this project is to design a sister study in Los Angeles to assess the efficacy of Western neurorehabilitation compared with the integration of TCM with Western neurorehabilitation for improving functional outcomes post-stroke.

## Schweighofer Joins the Faculty

**N**icolas Schweighofer, PhD, is joining the Department of Biokinesiology and Physical Therapy as an assistant professor and will be teaching in the neuroscience curriculum. Dr. Schweighofer is an internationally recognized researcher in Computational Neuroscience who has developed neural models of brain structures involved in the adaptive control of movement.



*Nicolas Schweighofer, PhD*

Dr. Schweighofer earned his PhD in Computational Neuroscience from USC, and completed his Post Doctoral training at the Human Information Science Group, ATR, in Kyoto, Japan. He earned his Master degree in Control Systems with a minor in Mechanics from Ecole Nationale Supérieure de Mécanique in Nantes, France, and his undergraduate studies majoring in Physics with a minor in mathematics from Lycee Descartes, a top-level scientific program in Tours, France.

Dr. Schweighofer has conducted computational studies addressing the way in which the cerebellum complements the roles of the basal ganglia and the motor cortex in eye and arm movements. He paid particular attention to the processes by which error signals reaching the cerebellum could be useful for efficient motor learning. He has also studied how learning rules provide the bridge between system behavior and the neurochemistry of synaptic and cellular change, with a special emphasis on the role of neuromodulators.

His most recent research direction includes studying and modeling the neuromodulatory systems in adaptive behavior. At USC, he will be developing a multi-disciplinary research program on the intrinsic motivation to re-learn motor skills after brain injury. He will also be building the basis of a virtual assistant motor therapist.

## More Faculty News

**U**SC faculty continue to contribute their time, energy and expertise to the profession at many levels. This past year the California Physical Therapy Association saw **Chris Powers** elected Vice President, **Janet Konecne** re-elected to the Board and **Jim Dagostino** elected to the nominating committee. Congratulations to all and thanks for your willingness to serve the profession so ably.

**George Salem, PhD** has been promoted to the rank of associate professor of biokinesiology and physical therapy with tenure. Congratulations to Dr. Salem!

## New Website *continued from page 1*

ment to update our constituents about the latest news and events, including continuing education, and much more. The site is continuously being modified to maximize the opportunities that technology makes available.

The site was designed by Earthbound Media Group, partly owned by alumnus and member of our Board of Councilors, Blaine Behringer (DPT '00). Founded in 1999, Earthbound Media Group is a multimedia developing and consulting firm that, among its wide variety of services, has developed multiple media to educate healthcare professionals.

To access the new website, the Macromedia Flash Plug-in is required, Windows Media is required to view the videos and some documents require Adobe Acrobat Reader.

Visitors to the site are invited to forward comments and suggestions by e-mail to [villagra@usc.edu](mailto:villagra@usc.edu) or telephone (323) 442-1193.

## Attention Neurologic Physical Therapists!

The Department is trying to compile a list of outpatient physical therapy clinics specializing in the treatment of neurologic disorders. The goal of the list is to provide the physicians in the USC Department of Neurology a reference for recommended providers throughout California. Please send your information to Stephanie Pho at [sjonesdpt@yahoo.com](mailto:sjonesdpt@yahoo.com). Thank you!

## 70 years of service to USC!



**L**ast April, four staff members from the Department of Biokinesiology and Physical Therapy were honored at the USC Annual Staff Recognition Luncheon for a combined 70 years of service to the University. Pictured from left: Robin Turner, 15 years; Gloria Barreras, 15 years; Janet Cogorno, 20 years; and Jill Hopkins, 20 years.

# Homecoming 2004

Come socialize, enter our raffle, pick-up USC memorabilia, and listen to the one and only Trojan Marching Band! Join alumni, students, faculty, staff, and friends of the Department of Biokinesiology and Physical Therapy for the homecoming pre-game BBQ and the USC vs. Arizona football game, **Saturday, November 13**. The BBQ will take place from 4:00-6:30 p.m. on Trousdale Parkway at USC's University Park Campus and the football game will begin at 7:15 p.m. in the Los Angeles Memorial Coliseum.

After the BBQ, we will follow the marching band down Trousdale Parkway on their way to the Coliseum, where a block of seats have been reserved for the PT Department. **You do not have to attend the football game to attend the pre-game BBQ. The BBQ is a nice opportunity to reunite with other alumni, professors and staff, and meet current students and friends of the Department.**

Discounted tickets to the game are \$30/ea. (regular price is \$40/ea. through the USC Ticket Office) **and are for guests attending both the pre-game BBQ and football game only.** BBQ meals are \$12/ea. Football tickets, directions, and meal confirmation will be sent to you in the mail.

RSVP by checking the appropriate boxes below, filling out your personal information in the form on the back and returning it with your check payable to: **USC Department of Biokinesiology and Physical Therapy** to the address indicated on the form. **ORDER DEADLINE - OCTOBER 25, 2004**



## YES! I'm coming to the USC Biokinesiology & Physical Therapy Homecoming Celebration!

Please reserve \_\_\_\_ BBQ meal(s) at \$12 each. Meals include burgers and hot-dogs, salad, chips, desert, and drinks.  
**Note: You do not have to attend the football game to attend the pre-game BBQ.**

Please send me \_\_\_\_ discounted ticket(s) to the football game at \$30 each.  
**Note: Discounted tickets are limited and available on a first-come-first-served basis to guests attending both the pre-game BBQ and football game only.**

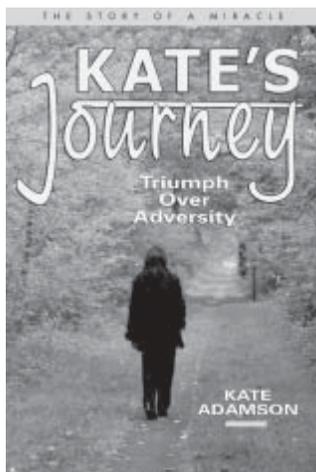
*Please complete your contact information in the "Let's Keep in Touch" form on the back of this page and return it with your check.*

## Triumphant Journey

In 1995, Kate Adamson was a wife, mother and fitness fanatic. Her life style should have led to a rosy future, but sometimes the best laid plans of Mice and Men just don't work out. Kate awoke on June 29 to find her body rapidly disappearing around her. At 33, she had suffered a brain stem stroke which left her completely paralyzed.

The medical staff was very pessimistic about her future. Kate's treating physician told her husband that he should start calling cemeteries to make arrangements for burial property. Steven, her husband was very persistent turning the nursing staff and PT's into a support system to help get the doctor's to see that she might be a miracle.

Over the 3 months of acute rehabilitation, many miracles happened. She was a model patient and her therapists loved working with her. Kate was determined to get her life back and followed whatever her therapists told her. From being



unable to move any part of her body she was able to accomplish miracles. Today left with a limp and no function in her left arm, she is normal in every other way.

Kate has used her remarkable recovery to inspire thousands of people over the last several years. She is a member of the USC Department of Biokinesiology and Physical Therapy Board of Councilors and can be a priceless resource for the student who wants to know what it is like on the other side of the bed. Kate is available to our students through her website, <http://www.katesjourney.com>, and personal appearances on or off campus.

Department Chair James Gordon has highly recommended Kate's book, *Kate's Journey*, to health professionals and students who seek to understand what the patient with a severe neurological injury actually goes through. *Kate's Journey; Triumph over Adversity* is now available through the USC student book store.



# LET'S KEEP IN TOUCH

We'd like to hear from you and share your news with other alumni in an upcoming issue of *USC PT In Motion*. Please mail this completed form to: USC Department of Biokinesiology and Physical Therapy, Attn: Sara Villagran, 1540 Alcazar St., CHP 155, Los Angeles, CA 90089-9006 or fax to (323) 442-1515. You may also e-mail your news to villagra@usc.edu. **Photos are welcome.**

FULL NAME: \_\_\_\_\_  
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DEGREE/YEAR: \_\_\_\_\_ CHECK HERE IF THIS IS A NEW ADDRESS

HOME ADDRESS: \_\_\_\_\_

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**USC Department of Biokinesiology  
and Physical Therapy**  
1540 Alcazar St., CHP 155  
Los Angeles, CA 90089-9006

James Gordon, EdD, PT  
Associate Professor and Chair

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