

Fall Convocation Salutes Students and Professionalism

The Department of Biokinesiology and Physical Therapy held its First Annual Fall Academic Convocation and White Coat Ceremony on August 28, 2003. This marked the first time that scholarship awards were combined with a new tradition—the White Coat Ceremony—intended to emphasize the importance of professionalism, responsibility, and humanism for incoming doctor of physical therapy (DPT) students at USC.

“By establishing this ritual at the beginning of their physical therapy education, we hope students will become



Dr. James Gordon, department chair, congratulates DPT I students on receiving their white coats and being initiated into the physical therapy profession.

aware of their responsibilities from the first day of training—to take care of patients and also to care *for* patients,” said Dr. Cheryl Resnik, director of the Department’s professional practice curriculum and co-director of faculty practice.

The DPT Class of 2006 had their white coats bestowed by second- and third-year students. The physical therapists and DPT students in the Convocation audience were invited to recite the Oath of the Physical Therapist, written

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Grant Supports BWSTT Research

The Kinetics Foundation has awarded a \$400,000 two-year grant to researchers at USC to study the effects of body-weight-supported treadmill training (BWSTT) in individuals with Parkinson’s disease, a progressive disorder of the central nervous system. In this therapy, patients wear a harness that suspends them as they work with therapists on posture, balance, walking patterns, and other goals. Principal investigator James Gordon, EdD, PT, and co-principal investigator Beth Fisher, PhD, PT, both from the Department of Biokinesiology and Physical Therapy, along with Giselle Petzinger, MD, of the Department of Neurology in the USC Keck School of Medicine, a co-investigator and the medical supervisor of the project, will try to determine whether task-specific, high-intensity locomotor training using BWSTT modulates disease progression and retards the



USC Researchers are studying whether body-weight-supported treadmill training can curb Parkinson’s disease progression and retard development of certain motor deficits in those in the early stages of the disease.

(Continued on page 12)



Dr. James Gordon

Creating the Physical Therapists of the Future—Now

USC's two residencies in orthopedic and neurologic physical therapy are little known and even less well understood by people outside our Department. Nevertheless, these two programs are very important to us, and, I believe, to the future of the physical therapy profession. The model of residency training at USC attempts to merge the best aspects of clinical, academic, and scholarly practice to train the specialists of the future—the doctors of physical therapy who will practice as peers of physicians and other health professionals.

Although the residents, who are graduate physical therapists, take some advanced course work, the primary learning takes place in clinical settings. The orthopedic residents work in USC's faculty practice, while the neurologic residency is a collaborative program with Rancho Los Amigos Rehabilitation Hospital, one of the premier rehabilitation training sites in the world.

In both programs, the residents are mentored by master clinicians, who observe them, critique their skills, and discuss their diagnoses and intervention plans. In addition, the residents spend several hours per week in one of the hospital clinics learning directly from attending physicians, often side-by-side with neurologic, orthopedic, or medical residents. As part of their training, the physical therapy residents also teach in our entry-level programs, preparing themselves to be clinical teachers as well as clinicians. Finally, they must submit a research or scholarly paper to a peer-reviewed journal, usually in the form of a case report, before completion of the one-year residency program.

Why are the residencies so important? Because in these programs we find ourselves creating the practitioners of the future. The training that these physical therapists receive elevates their expectations. They begin to practice in ways that we who graduated years ago never imagined. The practice of physical therapy is changed in subtle ways, not least because our faculty take those transformed expectations and begin to apply them in our entry-level DPT program. Gradually, we all take on the expectations of these few pioneers. And, of course, after completion of their residencies, they become leaders of the physical therapy profession.

In the next few years, you will hear more and more about residency programs across the nation, as the profession moves inexorably toward more systematic post-graduate training models for specialists. As in all the past educational advances in our profession, USC is a leader in this movement.

New Model Shows Promise

by Yogi Matharu, DPT, OCS

In May 2003 the Department offered a course for clinical instructors entitled "Tending Tender Tendons." The course represented an effort to bridge recent advances in basic sciences with clinical practice. Leading the course were Orthopedic Clinical Residency faculty, residents and former residents, including Cesar Blanco, PhD; Jason Cozby (DPT '01); Kathy Doubleday (MPT '95); Dan Farwell (MS '99); Kornelia Kulig, PhD; Yogi Matharu (DPT '98); Elizabeth Poppert, MS, PT; and Stephen Reischl (DPT '97).

Cesar Blanco, Kornelia Kulig, and Yogi Matharu first presented two patient cases, relevant anatomy and pathophysiology, and their new model for tendinopathy management. This model advocates the use of tissue-based rather than symptom-based treatment for tendon disease.

Following that introduction, Stephen Reischl, along with Jason Cozby and Dan Farwell, presented a laboratory section to demonstrate evaluation and treatment of common lower-extremity tendinopathies based on the proposed model. In a second laboratory, Yogi Matharu, Kathy Doubleday, and Elizabeth Poppert demonstrated the application of the model in evaluation and treatment of common upper-extremity tendinopathies. To complete the course, Dr. John Itamura, an orthopedic surgeon and USC Keck School of Medicine faculty member, presented a surgeon's perspective about tendinopathy management and the coordination necessary between surgeons and physical therapists.



Drs. Farwell and Reischl assessing the position of the subject's lower extremity.

The collaboration for this course began as an investigation of the literature by the students and faculty of the Orthopedic Clinical Residency. Frustrated by the often ineffective treatment of so-called "tendonitis" with traditional physical therapy intervention, Cesar Blanco, a cell biologist in the Department, was recruited to help elucidate the pathophysiological processes leading to tendon disease. The literature revealed that, contrary to popular belief, injured tendons were often undergoing a degenerative rather than inflammatory process. Thus, a paradigm shift was necessary, resulting in the conclusion that absence of pain was not absence of disease. The tissue-based model that resulted from this collaboration was presented in this valuable course. ■

STUDENT HONOREES

We congratulate the following students who were honored at the Fall Academic Convocation and White Coat Ceremony:

Year 2 — Vivian Chan, Kristina Helquist, Jeanne Hicks, Claire Irvin, Rozalyn Pelayo, Leesha Perryman, Heather Schumacher, and Katherine Weimer.

Year 3 — Damian DeBeaubien, Anne Heimbigner, Brita Herlick, Allison Lamberty, Andrea Lee, Grace Liao, Diane Lindner, and Heather Nass.

Departmental Merit Award for Academic Excellence

DPT students preparing to enter the 2nd and 3rd year of the program who have shown outstanding academic achievement across both basic science and clinical courses.

Ruth K. Barta

Josette Antonelli Departmental Service Scholarship

Honoring an entry-level DPT student who has demonstrated extraordinary leadership and service to the Department or community.

Mildred V. Limcay

Beth E. Fisher Scholarship

Acknowledging an entry-level DPT student preparing to enter the 3rd year who demonstrates empathy for the patient's perspective, the ability to integrate knowledge from a variety of sources and apply it in new and innovative ways, and the potential to contribute to the advancement of clinical practice.

Allison R. Lamberty

Helen Hislop Scholarship in Support of Vision and Excellence in Physical Therapy

Honoring and acknowledging an entry-level DPT student preparing to enter the 3rd year who demonstrates leadership and excellence in physical therapy.

Dorian Rose

Jacquelin Perry Scholarship Award

Recognizing a student in the Master of Science or Doctor of Philosophy programs who has performed with high distinction. ■

Fall Convocation *(continued from page 1)*

by Dr. Helen Hislop, former chair of the Department and a legendary figure in the physical therapy profession.

The oath reads, in part:

*I pledge to hold faithful to my responsibility as a physical therapist;
To use the highest science and skills of my profession at all times ...
To refrain from treatment when it will not benefit the patient ...
To exercise all aspects of my calling with dignity and honor.
I commit myself to the highest ideal of service,
learning and the pursuit of knowledge.
These things I do swear.*

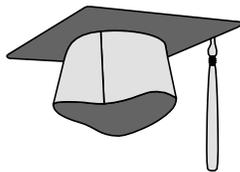
Dr. Yogi Matharu, assistant professor of Clinical Physical Therapy and clinical manager of the Department's faculty practice, was the keynote speaker. "The rewards of this profession are incredible—you feel what your patients feel," Dr. Matharu said at the ceremony. "Joy, when a child is able to hold his or her body upright for the first time; Independence, when a victim of stroke regains the ability to walk; Restoration of dignity, when you teach an elderly man how to get up from a toilet without assistance; Hope when someone with severe low-back pain tells you that they have returned to work. There is nothing like this in the world. Never forget your patients and they, most certainly, will never forget you."

In answer to the often-asked question, "What exactly does a doctor of physical therapy do?" Dr. Matharu said his answer is, "Physicians help you survive; physical therapists make you glad that you did."

During the Academic Convocation preceding the White Coat Ceremony, students in their second and third years received merit-based scholarships honoring outstanding academic achievement, service to the department, potential to contribute to the advancement of clinical practice, and leadership and excellence in physical therapy. In attendance was Dr. Jacquelin Perry, emeritus professor, member of the Department's Board of Councilors and a loyal supporter whose eponymous scholarship honors biokinesiology students who have performed with high distinction. Dr. Sandra Howell bestowed the awards on the outstanding students listed in the accompanying sidebar. ■

Physical Therapy students and all physical therapists in the audience were invited to recite the Oath of the Physical Therapist.





Keeping in Touch

GRAD 1949

Verla M. Bateman — I thoroughly enjoyed my 39 years in PT, which included time at Rancho Los Amigos during the polio years; Naval Hospital at San Diego; Shriners Hospital, L.A.; Adaptive P.E. in public schools; and finally 16 years of independent practice in home health care, which I found especially rewarding. I am still RVing and traveling as much as possible in retirement—I never realized how helpful a cave could be! Thanks for *PT In Motion*—I appreciate hearing Departmental news.



GRAD 1954

John W. Cheever — sold his Center for Sports Medicine to Sharp Hospital in 1993. He still sees private patients in addition to traveling the world, skiing, golfing, and enjoying his three children and six grandchildren. “Roxie Morris and her approach to anatomy labs next to the football practice field, and the dental students stealing our cadaver heads is still a memory with a smile,” he writes.



Jack and Betty Cheever made a stop in Costa Rica during a trip to the Panama Canal, Sept. 2003.

GRAD 1968

Jean A. Blankenship — After Roxie Morris helped me finish my master’s thesis, I traveled around the world, working in Sidney, Australia to help pay for the trip halfway, and returning to direct and develop a PT department in San Diego. In 1980, The International Company sent me to Saudi Arabia to help start three PT departments in Taif—a rehab, a general hospital, and a clinic. We worked in long dresses with 1950s equipment. In 1986, I moved to the Eugene, Ore., area to help with my mother’s health problems. I opened my therapy-on-call business and ended my PT career with a fun home health job. Now that I am retired, I sing in the church choir, play clarinet in a community band, tutor young readers, write, and do woodworking.

GRAD 1979

Mary (Samson) Elmayan — After years of intensive study with experts across the country, I applied and was accepted for membership in the American Academy of Orofacial Pain. I am also making plans for matriculating in a transitional DPT program.

Larry E. Ham — In August 2003 I successfully completed the Jones Institute Strain and Counterstrain Certification Test, becoming one of eight practitioners nationwide to hold the JSCC (Jones Strain Counterstrain Certified) credential.

GRAD 1982

Lisa Suzanne McColgan (Shingler) — My 25th wedding anniversary to Gene, the director of cardiac rehab at J.A. Haley VA Hospital in Tampa, Fla., is coming up, and our 19-year-old son, Paul, is an Eagle Scout and student at the University of South Florida majoring in theater. Thomas, 16, is a junior at Tampa Catholic High School, working on his Eagle, too. I am doing home health with pediatric patients after many years in geriatrics. I send unending gratitude to my instructors for an excellent education: Katie Gillis, Phyllis Brown, Chuck Carter, Patty Evans, Dr. Hislop, Dr. Walker, Joyce Campbell and others. Thank you, thank you, thank you!

GRAD 1983

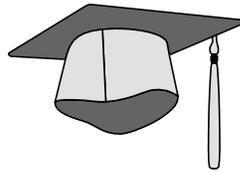
Stella R. Vargas — I just received my OCS certification this June! I am the director of physical therapy at OTA Physical Therapy and Sports Rehabilitation Center in Fullerton, Calif. Our facility is located inside a health club, The Spectrum Club–Fullerton. It is a perfect setting for the practice that we started in 1996.

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!



Keeping in Touch

GRAD 1988

John Jericiau — I just completed and won my age group at the California Half Ironman in Oceanside, Calif., in April 2003, and by winning I qualified for the October Ironman World Championship in Hawaii. This was my fourth time competing in Hawaii. Last year I was ranked 13th in the nation and fourth in California by the United States Triathlon Association. I will be competing over Memorial Day in Ironman Brazil, representing the Los Angeles Triathlon Team. Also, this past March I competed in the L.A. Marathon and grabbed third in my age group and 41st overall out of 23,000 runners!



Karen E. Still (Oskamp) — I received my OCS in 1996 and have two children, Ty, 5 years old, and Toby, 18 months.

GRAD 1995

Robert P. Brandon — Rob writes that Lupe, Sofia, Guinness (their golden retriever) and he are living in Vallejo, Calif. Rob continues to work in a private practice outpatient clinic in Novato. They were expecting their second child in August, and are very excited about seeing their family grow. Rob is now a Certified Kinesiology Taping instructor, so keep an eye out for his classes.

Kristin Carter (Winn) — We bought a home in San Jose in June 2002 and are still getting settled in! Our family has grown to five: Natilie, 5; Andrew, 3; and Colin, 18 months. John and I celebrated our eighth anniversary this year. I am working per diem at three different locations in acute care, rehab, and SNF settings, but I love spending most of my time at home with my kids.

Jill Heileman (Bachman) — My husband Jon and I just welcomed our second baby—Hannah Malulani Heileman—on September 30, 2003. She was 7 pounds, 3 ounces and 20 1/2 inches long. Her middle name is Hawaiian for “under heaven’s protection.” She has an older brother named Noah who is 20 months old.

Christine A. Schutt (Austin) — My husband, Rick, and I had our first child, a daughter named Grace Makayla on April 4, 2003. I continue to work in an outpatient orthopedic clinic.

GRAD 1996

Kati Knudsen — My husband, Ernie, and I live in Lake Oswego, Ore., and have a 2-year-old daughter. I work in peds at Providence St. Vincent Medical Center. I attended the eight-week NDT course in 2000 and got my PCS in 2001. I work in the NICU and with infants and toddlers in an outpatient clinic; I am happy to say I love my work!

GRAD 1999

Jennifer Lynn Paul — Jeffery and I have been married for 10 years. We have two wonderful children, Brandon, 6, who was adopted in 2002, and Alexandra, born October 30, 2002. I became a board certified specialist in orthopedic physical therapy in 2001. I continue to work for Rancho PT in Lake Elsinore and still love running!

GRAD 2000

Julia L. McNally — Eric and Julia welcomed a baby girl, Eva Morgan, on August 15, 2003 at 7:19 p.m. She weighed 8 pounds and was 21 inches long.

GRAD 2001

Jeff Rodrigues — In April, I spoke at the International Society for Heart and Lung Transplantation Annual Meeting in Vienna, Austria. My presentation was titled “Functional Outcomes of Lobar and Double Lung Transplant Recipients.”

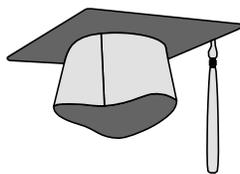
Greg J. Van Camp — Greg announced that he was married on November 8, 2003. “Cheryl and I just wanted to share the news with all of my former classmates and mentors!”

Joyce Warren — Joyce announces the birth of her daughter, Ryenne Alexis, born June 24, 2003. “The baby and I are doing just fine. Currently I am on maternity leave from a clinic director position in Pittsburg, Calif., at Cornerstone Physical Rehabilitation.”



GRAD 2002

Leslie Frank — I just opened my own physical therapy practice incorporating pilates, yoga, meditation, and the gyrotonic expansion system. The practice is called Bodyscape Integrative Physical Therapy, and is located in Pasadena, Calif. The phone is (626) 449-3900.



Keeping in Touch

Jennifer Holland — I have been on tour with Cirque du Soleil's production, "Dralion," since December 2002. We have toured New Orleans, Raleigh, and Baltimore and now we are "home" in beautiful Montreal. I feel a little spoiled, as I spend my days in little cafes and my evenings working in a big top in Vieux Port. I also love using three languages on a daily basis (I have studied Mandarin since joining).

Working as a PT in the Cirque has been ... different. I can't say that it is the most challenging environment as far as manual techniques or the like, however, it is extremely challenging in terms of total health management. Being a primary practitioner presents interesting day-to-day activities, like in Baltimore, when we had seven artists with seven different skin problems. We had a great curriculum at USC, but dermatology wasn't included! I spend the bulk of my time serving as an EMT during the show, taping various body parts, distributing medications, and taking artists to specialists.

It is wonderful to be developing other skills, such as artistic management. In a sense, PTs here have a good deal of influence over the show. I can (and often do) pull an act or artist out of the show, decide when someone can reenter, and try to help the artistic team rework an act considering an artist's limitations. All in all it is very thrilling, not too glamorous but still an adventure. We will be heading to Mexico City later this year and then on to Europe in January.

GRAD 2003

Shawn Farroki — Shawn was the recipient of the Gary L. Soderberg Doctor of Physical Therapy Award at the June 2003 APTA meeting in Washington, D.C.

Sam Ward — Sam received a 2003 Student Research Award from the California Physical Therapy Association for his study, "Assessment of Patellofemoral Joint Relationships Using MRI: A Comparison Between Qualitative and Quantitative Methods." The award was presented at the Chapter's Annual Conference in Sacramento. ■

ATTENTION CLASS OF 1995: AN EARLY '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 with your home address, e-mail address, phone number and if you would be willing to help.

In Memorium

On June 26 of this year, the Rehab Services Department at Children's Hospital Los Angeles lost a dear friend and colleague with the passing of Carmen Gonzalez. They remember her monthly by flowers placed in a vase with her name. Her colleagues at CHLA have sent us the following memorium:

"Carmen began her career at Children's Hospital as a PT/OT aide and went on to receive her master's in PT from USC in 1988. Upon her graduation, she returned to CHLA where she worked in acute care, inpatient rehab, outpatient, hydrotherapy, and the spina bifida clinic. Although Carmen was extraordinary in all areas, her greatest contribution was in the treatment of children with neurodevelopmental challenges, a specialty in which she was certified. In recent years, she implemented a program using a sensory pressure mapping device to assess children with special wheelchair seating needs, and made great contributions in hydrotherapy, treating children with burns and wounds.

"Carmen had a bright inner light and a joyful spirit. The hospital community and our Department is a better place because of her many personal and professional contributions. She will be sorely missed as mentor, colleague, and friend. Our heartfelt thoughts and prayers go out to her family." ■

Continuing Education

Attention Clinical Education Community and Alumni!

Please be on the lookout for the January 2004 mailings describing our upcoming Continuing Education courses in spring 2004. The following courses will be held:

Body Weight Supported Treadmill Training: From Research to Clinical Application

Documentation for the Practicing Physical Therapist

Differential Diagnosis Algorithm

APTA: Exercise Programs: Making Them Effective and Safe

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

For questions, please contact Chris Sebelski, director of Clinical Education (323) 442 2935.

Director of Clinical Education Passes Baton

Jody Cormack DPT, MS Ed, NCS, has accepted a position with California State University, Long Beach as an associate professor, the same institution where she received her physical therapy degree in 1985. Dr. Cormack began her graduate work at USC in 1992, joined the Department faculty in 1994, and received her MS in biokinesiology and a post-professional doctor of physical therapy degree simultaneously in 1996. In 1997 and 1998 she was the course director for the Clinical Management of the Neuro Patient course, and was named director of clinical education in 1998 as well.



Dr. Cormack holds a gift she received from the Department at her farewell party.

"In this [last] role, Dr. Cormack's responsibility each year is to strategically match-up 240 students with 1,680 different clinical internships for a total commitment of 3,600 weeks," commented Dr. Sandra Howell at last May's commencement ceremony when Dr. Cormack received a Departmental Tribute. "Dr. Cormack was instrumental in facilitating the transition from the Master of Physical Therapy to the Doctor of Physical Therapy degree by helping the physical therapy community understand our vision for the future. And she has traveled all over the country to develop and sustain relationships with physical therapy clinicians who mentor our students so that the standards of care we teach in the classroom are upheld in the clinic."

Dr. Cormack's successor is Dr. Chris Sebelski, DPT, OCS, who stepped into the new position in September. Truman State University in Kirksville, Mo., was the site of her BS in exercise science, awarded in 1993. A graduate of the inaugural USC entry-level DPT class in 1998, she then joined the University as a clinical faculty member and began assisting in first-year orthopedic management classes. In 1999 Dr. Sebelski was appointed as the clinical coordinator of clinical education at University Hospital, and was responsible for building that program to serve more than 25 students per year. In 2001 she was named assistant professor of clinical physical therapy and became assistant to the director of orthopedics courses in 2002.



Dr. Chris Sebelski

"I achieved my OCS in June 2002 and began seeing patients at USC PT Associates in early September," Dr. Sebelski says. "I am excited about my appointment as director of clinical education."

We wish Dr. Cormack the best in her new position and extend our congratulations to Dr. Sebelski in her latest appointment. ■

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 Jo Ochoa, coordinator of clinical education at (323) 442-2906 or at joochoa@usc.edu. We'd love to hear from you!

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 Jo Ochoa, coordinator of clinical education, at (323) 442-2906 or joochoa@usc.edu.

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

DPT Class Highlights

The most wonderful attribute and dynamic recruitment tool of the USC DPT is its terrific student body. Our DPT students come to us with a rich heritage of life experience and knowledge. For all the similarities that quickly become apparent as we get to know a new DPT class, there are always an amazing number of personal life stories, adventures, and accomplishments in every group.

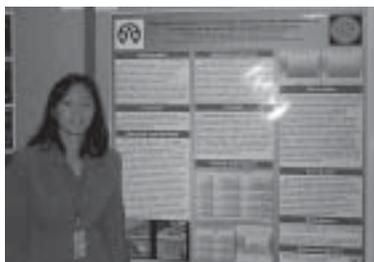
Take one of our DPT II students, Trisha Sando. Trisha came to us after completing a BS in biology at Cal Tech, and just recently the work she performed in a lab at Cal Tech was published in the *Journal of Virology*. That project was quite important—helping to identify the 21-nucleotide sequence coding the amino acids in Yellow Fever DNA that empower this deadly virus to generate the infectious RNA. Like so many DPT students, Trisha continues to nurture a diversity of interests. In addition to a heavy DPT II schedule, she is now working on an interdisciplinary USC study of suckling behavior in neonatal mice.

(The Cal Tech study is outlined in Corver, J., Lenches, E., Smith, K., Robinson, RA, Sando, T., Strauss, E.G. and Strauss, J.H., "Fine mapping of a cis-acting sequence element in yellow fever virus RNA that is required for RNA replication and cyclization," *Journal of Virology* 77:2265-2270, 2003.)

Other examples include Grace Liao and John Popovich, both third-year DPT students, who presented posters at NIH this year as part of the "NIH Summer Internship Program in Biomedical Research." The program selects interns from among doctoral and post-doctoral students from all over the country. This is the third year that PT has been included and we are proud that our students have been selected once again.

Grace's poster was entitled "Test-retest Reliability and Convergent Validity of Semmes-Weinstein Monofilament Test for Peripheral Neuropathy in Patients with Breast Cancer." She says, "I had a wonderful summer working closely with a group of researchers and student interns to determine the usefulness of filament test kit in patients with breast cancer. I would encourage those who are interested in research and want to help others to consider applying for this internship in the summer."

"Measurement of Navicular Drop in Patients with Rheumatoid Arthritis: Interrater and Intrarater Reliability" was



Grace Liao standing next to her poster during NIH Summer Research Poster Presentations.

the subject of John's poster submission. "The clinicians, facilities, and limitless resources at the NIH made for a unique and worthwhile affiliation," he says. "Needless to say, the NIH summer research internship was a great experience." ■



John Popovich standing next to his NIH poster.

Notable Fund Raising

The Department faculty and staff acknowledge the excellent effort the DPT classes of 2004 and 2005 made in raising \$739 for the Marquette-Pittsburgh Challenge. The monies raised in this Challenge go directly to the Foundation for Physical Therapy, which funds studies that will directly benefit the practice of physical therapy. The foundation is currently providing \$1.5 million to our Department to build a clinical research network for the study of physical therapy interventions. Kudos to all our dedicated students. ■

PODS II Scholarship Recipient

Hans Dreyer, PhD student in biokinesiology, has been selected by the Foundation for Physical Therapy Board of Trustees to receive a \$15,000 Promotion of Doctoral Opportunities for Clinicians and Scholars (PODS II) Scholarship in support of the post-candidacy phase of his post-professional doctoral studies. Our congratulations to Hans. ■

McMillan Scholarship Recipient

Jill C. Stewart, PT, MS, NCS, is one of five physical therapist doctoral students across the nation who received this year's Mary McMillan Doctoral Scholarships, awarded by the Foundation for Physical Therapy Board of Trustees.

The \$5,000 McMillan Doctoral Scholarships are awarded to physical therapist doctoral students in their first year of study with outstanding potential for doctoral studies.

"The Foundation is excited to support these physical therapists," Foundation President Jayne L Snyder, PT, MA, said. "These deserving scholarship winners are sure to make significant contributions to the physical therapy profession and we look forward to following their progress." ■

Sullivan Receives Awards

The Editorial Board of the Archives of Physical Medicine and Rehabilitation has selected Katherine Sullivan, PhD, PT, and assistant professor of clinical physical therapy, as the recipient of the 2003 Licht Award for her study, "Step Training with Body Weight Support: Effects of Treadmill Speed and Practice Paradigms on Poststroke Locomotor Recovery."

The Licht Award was established in 1979 to honor former American Congress of Rehabilitation Medicine (ACRM) President Sydney Licht, M.D., and is presented on an annual basis "to authors whose papers present potential significance and empirical and theoretical contributions to rehabilitation medi-

cine." The award was presented at the ACRM's 80th annual meeting on October 25, 2003 in Tucson, Ariz.

Dr. Sullivan's study also received notice from CPTA, who honored her with the California Physical Therapy Association's Physical Therapist Faculty Research Award at the Chapter Annual Conference. ■



Dr. Kathy Sullivan

More Faculty Honors

Wendy Burke, DPT, adjunct assistant professor of research physical therapy, was awarded the 2003 Clinician Non-Research Publication Award from the California Physical Therapy Association for her article, "Strengthening of the Supraspinatus in Persons with Subacromial Impingement Syndrome: A Clinical and Biomechanical Perspective."

Judy Burnfield, PhD, PT, adjunct assistant professor of clinical physical therapy, was awarded a 2003 Student Research Award from the California Physical Therapy Association for her study, "The Influence Of Age and Gender on Utilized Coefficient of Friction While Walking at Different Speeds."

Jorge Orozco, PT, NCS, adjunct faculty and a member of the Department's Board of Councilors, was awarded the 2003 Diversity 2000 Award from the American Physical Therapy Association (APTA). The award was in recognition of



Meredith Harris, PT, EdD, chair of the Committee on Cultural Competence, gives the Diversity Award to Jorge Orozco.

his work on the Advisory Panel on Minority Affairs and the transition of this panel to the Committee on Cultural Competence for the APTA. The Committee is working to integrate the issue of cultural competence into APTA priority initiatives in research, practice, education, and policy. "I was very honored and appreciative of the opportunity to serve the APTA," said Orozco.

Christopher Powers, PhD, PT, has been promoted to the rank of associate professor of biokinesiology and physical therapy with tenure.

Todd Schroeder, PhD, research assistant professor of biokinesiology and physical therapy, will receive a \$20,000 Clinical Research Feasibility Funds (CREFF) award from the General Clinical Research Center for his project, "Resistance Training and Protein Metabolism in Aging." He also had his abstract, "Pharmacological Doses of Androgen Do Not Improve Muscle Quality in Young or Older Men: Results from Two Studies," chosen from more than 2,500 submissions for inclusion in the ENDO 2003 Research Summaries Book of the Endocrine Society. Dr. Schroeder's studies looked at the effects of androgens and resistance training on muscle quality in HIV-positive men and in older men.

Our congratulations to all! ■

Dr. Helen Hislop, former chair and emeritus professor of the Department, is recovering from an automobile accident she had three months ago. We wish her a speedy recovery. To send her your get-well wishes, her address is 2042 Bayleaf Dr.; Durham, NC 27712.

Global Approach to PT

Our faculty have been traveling extensively for a variety of conferences and other activities. Here are just some of the reports:

CAMBODIA

Sharon K. DeMuth, DPT, was invited to Cambodia as part of an international faculty group under the auspices of the International Society of Prosthetists and Orthotists. The group spent two weeks in July 2002 teaching physiotherapists, prosthetists, and orthotists about rehabilitation for people who have had polio. The last reported case of active polio in Cambodia was just two years ago. Other participants included therapists and orthotists from Vietnam and Laos, and representatives from the World Health Organization, the Cambodian Ministry of Health, and other volunteer groups such as the International Red Cross. Approximately 150 people attended this weeklong conference.



Dr. Sharon DeMuth

The second week was spent teaching workshops at Cambodia Trust, an organization that trains orthotists and prosthetists. Physiotherapists from 14 different rehabilitation centers in Cambodia participated, and activities included evaluating patients and making new braces for them.

Physiotherapists in Cambodia have three years of post-high school training, and there are only a few physicians who have any training in caring for people with physical disabilities, so the prosthetists, orthotists, and therapists provide the majority of intervention for this group of patients. Originally the focus was on prostheses for victims of land mines, which continue to be a daily hazard in many parts of Cambodia. Now, due to the number of people trained in making prosthetics, they are working to address the rehabilitation needs of additional groups.

CHINA

Sandra Howell, PhD, PT, along with Katherine Sullivan, PhD, PT, and Beth Fisher, PhD, PT, and scientists from the departments of psychology and preventive medicine, has initiated a research project entitled "Clinical Outcomes of Acute Stroke in 21st Century China." In the pilot study currently underway, acute stroke patients admitted to participating urban and rural hospitals in central China are followed until they are discharged. Analysis of this data will reveal a clinical picture of stroke, 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 medi-



Dr. Sandra Howell

cine (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 medicine treatment approach where integration of TCM and Western therapies will be applied in the treatment of stroke survivors in central China.

ETHIOPIA

On Dr. Lucinda Baker's first arrival in Soddo Hospital in the summer of 2000, the therapy log had not been touched in a year and a half, indicating that no patients had received physical therapy services in this 100-plus-bed regional hospital 200 miles southwest of Addis Ababa, Ethiopia's capitol city. More than 10 years ago, the then-new government of Ethiopia closed down all of the health-related schools except those that trained physicians and nurses. A few practicing physical therapists remain, mostly in the capitol city where a number of expatriot therapists also practice, but even there the number of therapists (about 100) and the quality of their practice is woefully lacking.



Dr. Baker (left) and Wineshet Samuels do balance work on two children with extremity amputations due to gangrene.

In the mid-'90s, Handicapped International attempted to train nurses or aides (equivalent to our RNs and LVNs) to provide therapy services for patients in desperate need. In most hospitals this failed because the nurses were expected to do their regular work in addition to any therapy at the same pay rate. On her first arrival, Dr. Baker trained Wineshet Samuels, a hospital sweeper with a high-school-level education and no formal medical training, to provide basic therapy services for patients who had fractures, burns, or were recovering from abdominal surgery. By the summer of 2002 Samuels could understand much better the muscles she was exercising and the bones that required stabilization. During the intervening two years Samuel's services had become so prized that the medical doctors began referring their most difficult cases to her for therapy. When Samuels and Dr. Baker first started working, only the surgeons were using therapy, but

over the years they began providing services to several individuals with incomplete spinal cord injury, a 13-year-old with stroke secondary to heart disease, and an older woman with a limb-girdle dystrophy/atrophy.

There are now two new physical therapy schools in the development stages, with one in Gondar planning to begin classes in fall 2003. Both of the programs will be four-year bachelor's-based programs, so it will be some time before fully trained physical therapists will be available to see patients in the regional hospitals. There is much that requires change before the population of Ethiopia will have the advantage of adequate therapy services, but the country is again moving in the right direction. As the people move beyond abject poverty, the hope for the future grows brighter, and the hope for those who have suffered physical or physiologic trauma will be a part of that future as physical therapy becomes a more integral part of the health care system.

MEXICO

Manos de Ayuda is a volunteer outreach clinic dedicated to providing humanitarian assistance to disabled children in Northern Sonora, Mexico. Two physical therapists from the Tucson and Phoenix areas developed this non-profit, Tucson-based organization, which is completely staffed by health-care students and professionals, and other compassionate volunteers. The group had their first volunteer clinic for children in September 1998 and continues to meet the second Saturday of each month. Volunteers work as teams to provide services for children from the community and surrounding areas who have no access to therapy or medical care.

The Department learned about the program from Rebecca Harry, DPT ('98). The first group of USC student volunteers was from the class of 1999; subsequent classes attended two or three clinics a year since that first visit. Sharon DeMuth, DPT, assistant professor of clinical physical therapy in the Department, has worked with numerous alumni from the classes of 1999 and 2000 to organize trips for the students currently enrolled in the program. Both Drs. DeMuth and Landel have volunteered and had fantastic experiences teaching and providing services to children in this environment. The Department supports current students by assisting with the cost of lodging and transportation; comments from the most recent visit include:

"Manos de Ayuda was an experience that opened my eyes to an area of physical therapy that I plan to pursue. I absolutely enjoyed working with children and educating them and their families about physical therapy. I was thrilled to see the involvement that the parents had with their children."

"The Saturday spent with the children and their parents in Puerto Penasco gave me insight into a setting I never experienced before. We were given the opportunity to work with kids with various conditions such as cerebral palsy and gen-



USC student teaching exercises to family members of a child with cerebral palsy in the Manos de Ayuda clinic.

eral musculoskeletal problems. The clinic was in a barrio where there was no running water or electricity, conditions that these people live with every day. Sharing our knowledge and helping these kids was an unforgettable and humbling experience. When I left the clinic afterward, I felt humbled, appreciated, and glad for the experience. Giving the parents, along with the children, just a few exercises to work on makes a difference, either solving their problems or alleviating some of their conditions until [the volunteers] return one month later."

"Manos de Ayuda was such a blessing. In a sense, our trip represented the very special reason why we chose the profession of physical therapy — to provide for those in need, not for the paychecks, but for the love of life. I think we were all reminded of how much we take for granted here in the U.S., as we saw firsthand the effects of poverty in Mexico's barrios. Yet despite the language and cultural differences, and perhaps most importantly, we saw how the simple gesture of a smile or hug can make a difference in a young person's spirit and brighten their mood. It was an unforgettable weekend, and my hope is that others will get to share the same experience!"

For alumni interested in participating, visit www.manosdeayuda.org.

TAIWAN

Sally Ho, DPT (center), and Larry Ho, DPT (right, standing), accompanied Professor Freddy Kaltenbow (right, sitting) to Taiwan in September 2002.

Professor Kaltenbow delivered the keynote speech at the annual conference of the Taiwan PT Association, while the Drs. Ho conducted a post-conference workshop for 150 PTs in Taiwan.



(Continued next page)

Global Approach to PT (continued)

THAILAND

Beth Fisher, PhD, PT, traveled to Thailand in May 2002. She taught a seminar in a conference titled “New Concepts in Clinical Management of Individuals with Neurologic Disorders: Maximizing Recovery Potential.” Sponsored by the Department of Physical Therapy Faculty of Associated Medical Sciences Chiang Mai University, Chiang Mai, Thailand, about 100 Thai physical therapists came to the four-day seminar.



The chair of the Thai PT Department, Jonjin Ratanapinunchai (left), receiving her certificate of completion from Beth Fisher. There was an elaborate ceremony at the completion of a course, which included each student receiving a certificate from Dr. Fisher on a gold platter.

Dr. Fisher receiving a gift—a silver sculpture of elephants—from the PT department at the conclusion of her seminar.



GREECE—AND BEYOND

In November 2002, just before Thanksgiving, Rob Landel, DPT, OCS, made a nine-day trip to Barcelona, Lisbon, and Athens. The former two were to train therapists and MDs on balance and vestibular rehabilitation. The latter was for the Hellenic Scientific Society of Physical Therapy, where he gave two invited talks on the “Reeducation of Gait and Balance,” and “Functional Capacity Reeducation.”

Earlier in the year, Dr. Landel traveled to Singapore, Malaysia, Hong Kong, and Thailand over 11 days to give talks and training on balance and vestibular rehabilitation, and the use of force-plate feedback in the rehabilitation of orthopedic patients. These talks were to physicians and therapists in hospitals and medical centers.

“In all my travels I have found a common interest amongst physical therapists in improving the scope and skill of physical therapy practice,” Dr. Landel says. “It is also very apparent that there is worldwide concern over the problem of falling, particularly falling in the elderly, and that there is a need for fall-prevention programs in every country. I’ve also found that physical therapists are some of the nicest people you can meet anywhere.” ■



Dr. Rob Landel

BWSTT Research (continued from page 1)

development of specific motor deficits in individuals with early-stage Parkinson’s disease.

BWSTT is currently being intensively studied at USC and elsewhere as a treatment modality for promoting activity-dependent neuroplasticity and functional recovery in stroke and spinal-cord injury. Activity-dependent neuroplasticity is the brain’s ability to reassign its healthy cells to take over tasks such as moving an arm or leg that formerly were handled by cells lost to injury or disease. Emerging perspectives from both basic research and clinical studies suggest that high intensity (i.e., high resistance and high velocity in gait) and task specificity (i.e., gait-based exercise) are two characteristics of exercise that may be specifically important in promoting neuroplasticity of the injured brain, including the basal ganglia.

In this study funded by the Kinetics Foundation, 24 individuals with recently diagnosed Parkinson’s disease will be randomly assigned to one of three intervention groups: task-specific locomotor training using BWSTT; general physical training; or a control group whose subjects will not receive any intervention until a six-month follow-up, at which point they will be invited to begin BWSTT.

The study seeks to determine whether high-intensity, task-specific locomotor training using BWSTT leads to improved functional performance and improved motor control in individuals with Parkinson’s disease, relative to the other groups. It will also investigate the feasibility of detecting exercise-induced neuroplasticity using neuroimaging techniques in a subset of the patients. The findings of the study will eventually be used to support federal funding proposals for a large-scale clinical trial with sufficient numbers of subjects to conclusively demonstrate whether BWSTT is truly effective in retarding the progression of Parkinson’s disease. Experts believe that about 1.5 million Americans have the disease, and researchers hope to recruit trial participants from USC’s Movement Disorders Clinic. For more information on the trial or treadmill training, please call Beth Fisher at (323) 442-1006. ■

Research Into Post-Stroke Therapy

Researchers in the Department are conducting a trial that tests an emerging treatment for the rehabilitation of arm function lost to stroke. Called constraint-induced movement therapy, it involves training recent stroke survivors to use their impaired arm while constraining the stronger arm. Carolee J. Winstein, associate professor of biokinesiology and physical therapy, leads the Brain and Behavior Correlates of Arm Rehabilitation (BCAR) trial, which is funded by the National Institute of Neurological Disorders and Stroke, part of the National Institutes of Health.

“Stroke is the leading cause of disability among American adults,” Dr. Winstein says. “Each year in the United States approximately 750,000 people suffer strokes, and of those, nearly 400,000 survive with some level of neurological impairment and disability, the cumulative total of living, stroke-affected Americans is nearly 3 million.”

There have been few well-controlled scientific studies of the effectiveness of post-stroke rehabilitation interventions, but the BCAR research will help change that. Not only does the trial follow how well constraint-induced movement therapy helps stroke sufferers regain the use of an arm, but it also will examine how the therapy actually helps the brain rewire itself.

A stroke happens when blood stops flowing to part of the brain or the brain’s blood vessels hemorrhage. Stroke survivors may be left with damaged lesions in the brain, resulting in paralysis, stilted movement, and difficulty speaking. Studies have shown that parts of the brain may reorganize—taking over the duties of damaged brain areas—as patients recover motor control after a stroke.

USC physical therapists want to understand how constraint-induced movement therapy influences that rewiring. They will compare neuroimaging scans of patients undergoing the therapy to those of patients undergoing standard therapy, looking at brain activity in specific areas. Research-

ers believe that as therapy pushes patients to practice reaching and grasping, these tasks will become physically and mentally easier to do. As this happens, Dr. Winstein and her team expect to see activity levels shift in various areas of the brain.

The study is the first attempt to look at how the mind controls the body’s grasping and reaching actions, and correlate that with neuroimaging studies.

It is open to patients who are at least 18 years old who had a stroke three to nine months before entering the study. They must be able to actively move their wrist, thumb and at least two fingers. For two weeks participants will wear a padded mitt on the stronger hand at all times while they are awake and will attend therapy sessions five days a week, six hours a day. During therapy, a rehabilitation expert will guide patients in practicing functional activities.

Patients then will return to the USC Motor Behavior Laboratory for testing at the six-month and one-year marks. Some participants in the study will be assigned to a control group. They will receive constraint-induced movement therapy one year after enrolling in the study, instead of receiving therapy immediately. Researchers hope the trial will lead to larger studies on the relationships between rehabilitation therapies and brain plasticity. For information and more details on eligibility, call Samantha Underwood or Chelle Prettyman, BCAR project coordinators, at (323) 442-1196. ■



A research participant in the BCAR trial practices buttoning with his affected hand during a training session.

Homecoming 2003

More than 160 students, faculty, staff, alumni, and friends of the Department attended this year’s Homecoming pregame party and football game on November 1. Guests enjoyed a barbeque, a Department raffle, which raised money for the student scholarship fund, and the performance by the Trojan Marching Band. A highlight of the event was the attendance of Board of Councilors members Kathleen Bice, Jack Close, Irene Martinez, and Blaine Behringer, who had a chance to interact with a group of Department student ambassadors.



AGAINST ALL ODDS

Stroke Survivor Triumphs Over Adversity

by Jim Evans

It has been 8 years since Kate Adamson suffered a devastating brain-stem stroke at the age of 33. Not only did she survive the stroke, but she turned it into a passion to help others by becoming a leading national spokesperson for the American Stroke Association and author of the inspirational book, *Kate's Journey: Triumph Over Adversity*. Her courageous story has appeared in magazines and newspapers nationwide, and she has been a featured guest on numerous television and radio shows.

Adamson was hardly a typical candidate for a stroke. The New Zealand-born mother of two young daughters — ages 3 and 1 at the time — was in good health, exercised regularly, and had no history of strokes in her family. The only symptoms that seemed to suggest any problem were the intense headaches that persisted for more than a month — symptoms which, in retrospect, portended the stroke that paralyzed her from the neck down and left her with “locked-in syndrome.”

Kate's courage and her strong will to live sustained her during her long and painful recovery, which continues even today. Still paralyzed on her left side, she continues to bear reminders of the stroke that struck her down as a young mother in 1995. She is currently undertaking advanced physical therapy under the direction of Dr. Katherine Sullivan, PhD, PT, and assistant professor of clinical physical therapy at USC. Sullivan was recently selected as the recipient of the 2003 Licht Award for her study on Step Training with Body Weight Support (see story on page 9.)

With the help of therapists like Katherine Sullivan and other dedicated medical professionals, Kate Adamson has put her life back together to become a member of the National Speakers Association (NSA) and an accomplished



Even years after a stroke, survivors make gains in strength, balance, and function with physical therapy. Katherine Sullivan, PhD, PT, Kate Adamson, and Didi Dillibe, DPT, working together at USC PT Associates, the Department's faculty practice.

paid speaker appearing at conferences across the country giving hope and inspiration to patients with stroke and their families everywhere. She is a board member of the Stroke Association of California and has appeared before Congress as an advocate for patient's rights in behalf of the American Stroke Association and the American Heart Association. She is a member of the USC Department of Biokinesiology and Physical Therapy Board of Councilors and a member of the National Health Care Advisory Committee for *Stroke Connection Magazine*.

Kate epitomizes the courage and strength of the human spirit, and her “journey” gives hope and inspiration to stroke survivors and physical therapists alike. She is one of the many “rewards” for why we do what we do in physical therapy. ■

For more information visit katesjourney.com or toll free 1-800-641-KATE

Locker Room Donations

The Department extends its gratitude to those who have generously contributed to the construction of locker rooms for our students.

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SAVE THE DATES

The Combined Sections Meeting (CSM 2004) will be held **February 4-8** in Nashville. Look for the USC booth and stop by to show your support.

The **2004 CPTA Conference** will be held **October 21-23** in Anaheim. Look for the USC booth and join us for our Alumni reception.

The Department's **Commencement** exercises will be held **Friday, May 14, 2004** in the Bovard Auditorium at USC University Park Campus.

The **2004 USC Homecoming** pre-game picnic and football game will be held **Saturday, November 13**, vs. Arizona.

HONOR ROLL OF DONORS

We gratefully acknowledge the following alumni and friends for their financial contributions and the encouragement their support represents. This Honor Roll includes gifts contributed to the Department through the Annual Fund and other restricted accounts during the time period of July 2002 to June 2003. In addition to Annual Fund gifts, we received donations to the following restricted accounts: Center for Locomotor Recovery, Ackerberg Fellowship in Parkinson's Research, Physical Therapy Scholarships, and the Musculoskeletal Biomechanics Research Lab.

Every effort has been made to assure accuracy of this report. Please notify our department of any errors or omissions, and please accept our apologies for them. For further information, please contact Sara Villagran at (323) 442-1193, or email at villagra@usc.edu.

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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.**

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