SCHOOL-LIFE BALANCE

Raquel Lopez DPT ’16 was first drawn to the slackline set up by classmate Mike Sensenbaugh DPT ’16 one day at lunch. “It looked challenging and fun, so immediately I wanted to try it,” Lopez says. Little by little, she got farther across the line each day, which helped boost her confidence. More than that, though, the intense concentration required to cross the line gave Lopez a mid-day mental reboot. “It was almost a form of meditation,” she says. Now that she’s a bit more adept, she’s taken to doing tricks, including a crowd-pleasing tree pose. “The slackline has shown me that if I put my mind and body to something, I can really accomplish my goals.”

FEATURE

TROJANS IN TRAINING >> 9-10

BY HOPE HAMASHIGE

Suffering from tendinitis and a herniated disk, Trojan swimmer Oussama Mellouli ’07 was facing surgery and up to a year out of the pool in recovery. Tara Pollak DPT ’03 had a different idea, putting him through rigorous physical therapy and getting him back into the water to do what he does best—win championships.
GLOBAL ENGAGEMENT: A TWO-WAY STREET

than any other university in the United States, and we certainly take advantage of that here in Biokinesiology and Physical Therapy. We also get many international visitors who come to visit the No. 1 PT program in the United States. Some stay for 4 quick tours and a few meetings; others study with us for weeks or months.

USC’s strategic plan calls for global and local engagement in a city, Los Angeles, where the global and local are interwoven. The result of this global imperative is that USC strives for worldwide reach, and in this issue of inMotion you will read many examples of our Division’s far reach and the variety of ways that our faculty and graduates have an impact worldwide.

But global engagement also means that we learn as much as we teach, that we receive as much as we give. Our interaction with international cultures, both here in Los Angeles and across the world, enriches us in ways that are immeasurable. I believe that a willingness to travel to faraway places to learn from and interact with other cultures is built into the very DNA of Los Angeles. Our amazing system of freeways allows us to travel across the region, sometimes for great distances, so it should be no surprise that we are equally willing to travel across the ocean to teach and learn.

Indeed, I don’t even have to leave our campus to interact with students and faculty from countries on nearly every continent. For the past 13 years, USC has had more international students than any other university in the United States, and we certainly take advantage of that here in Biokinesiology and Physical Therapy. We get many international visitors who come to visit the No. 1 PT program in the United States. Some stay for quick tours and a few meetings; others study with us for weeks or months.

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We should be proud of our faculty and graduates who travel the freeways in the sky to distant lands to lecture, teach and practice. We should also be grateful that those same freeways bring students, faculty, researchers and scholars to our classrooms and laboratories. As I said, it’s all happening right here, just outside my office door.

I don’t have to travel very far from my office to come in contact with international cultures. A few miles in any direction will bring me to neighborhoods where Latin, Asian, African or European cultures and languages are predominant.

Associate Dean and Chair, USC Division of Biokinesiology & Physical Therapy
ALUMNA TURNS 102
Rosemarie Nigro ’30 has lived through two World Wars, seen 18 American presidents occupy the Oval Office and traveled the world with the armed forces. Last May, the nurse-turned-physical therapist, who ran a private practice until she was 83, blew out 102 candles. Fight on, Rosemarie!

QUOTEWORTHY
“To witness the president sign something that I was so passionate about made me feel so proud…”
-Zuleima Hidalgo DPT ’14 was one of several students invited to watch President Barack Obama sign a new law, rolling back student loan interest rate increases. Read more: pt.usc.edu/StudentLoanBillSigning/

CALENDAR

USC ALUMNI RECEPTION & CLASS OF ’74 REUNION
Stop by the Venetian Murano Room 3305 at the Combined Sessions Meeting for an alumni reception. Plus: The Class of ’74 celebrates its 20-year reunion. DETAILS—Murano Room 3305 » The Venetian Palazzo Congress Center Level 3 » 6:30–8 p.m.

JACQUELIN PERRY RESEARCH DAY
Join the Division for its second annual Jacquelin Perry Research Day where scientific investigators share and inspire their colleagues with their discoveries. DETAILS—USC Health Sciences Campus » Broad Lawn » 11:30 a.m.–1:30 p.m.

PT ALUMNI ASSOCIATION KICK-OFF EVENT
The PT Alumni Association holds a continuing education course (“Too New: Patient Motivation Strategies Your Mentor Couldn’t Have Taught You”) and then a social mixer. DETAILS—USC Health Sciences Campus

COMMENCEMENT AWARDS RECEPTION & CEREMONY
Come celebrate the achievements of our graduating classes the night before commencement. Plus: Take a self-guided tour of the Division. DETAILS—Broad Lawn » 3–7 p.m.

SPECIAL OLYMPICS SOUTHERN CALIFORNIA SUMMER GAMES INVITATIONAL
In preparation for the Special Olympics taking place in Los Angeles in 2015, USC will host 2,000 athletes and their coaches for three days of basketball, track and field, swimming and gymnastics. DETAILS—USC University Park » More info: sosc.org

APTA NEXT! CONFERENCE & EXPOSITION
Dr. James Gordon delivers the 45th Mary McMillan Lecture with his speech, “If Greatness is a Goal” at this annual event formerly known as the APTA Conference & Exposition. DETAILS—Charlotte Convention Center » 501 S. College Street, Charlotte, NC 28202 » 10–11 a.m. » More info: apta.org/NEXT

COMMENCEMENT 2014
Help us welcome a new class to the BKN/PT alumni family as the graduating classes of 2014 walk the Bovard stage to get their degrees. DETAILS—USC Main Campus » Bovard Auditorium » 11 a.m.

CONVOCATION & WHITE COAT CEREMONY
Aug. 29, 2013, Pappas Quad

ARMS RACE
USC PT researchers are looking for stroke survivors for a clinical trial determining how much physical therapy is needed for meaningful recovery of arm function after a stroke. For information about the Dose Optimization for Stroke Evaluation program, contact Clarisa Martinez at clarisa@usc.edu.

QUOTEWORTHY
“…real victors. Olympic athletes who walked away the don’t you forget it!—it was the Special Olympics won bragging rights for the year—and don’t you forget it!—it was the Special Olympic athletes who walked away the real victors.

$90,000
Total amount raised at We Run the City, a 5K race benefiting the athletes competing in the Special Olympics coming to Los Angeles in 2015. This year, the Trojans faced the Bruins in the fundraising run. Though USC handily won bragging rights for the year—and don’t you forget it!—it was the Special Olympic athletes who walked away the real victors.

$120K
$90K
$70K
$50K
$30K
$10K

SNAPSHOTS

1. Acres of flowers bloom in autumn at USC. 2. Driving to class on a USC shuttle bus. 3. Undergraduate students enjoy a fall basketball game on campus. 4. Graduating class of 2014 walk the Bovard stage to get their degrees. 5. APTA NEXT! Conference & Exposition attendees capture the moments of the 45th Mary McMillan Lecture.
BURNFIELD HONORED WITH DIVISION’S HIGHEST ALUMNI AWARD

BY HOPE HAMASHIGE

The USC Division of Biokinesiology and Physical Therapy honored Judy Burnfield Ph.D. ’03 for her professional accomplishments and service to the profession at this year’s White Coat Ceremony. As Division Chair James Gordon presented the 2013 Distinguished Alumnus Award to Burnfield, he recalled how she first demonstrated her winning combination of smarts and determination while completing her Ph.D. in biokinesiology.

As a USC student, Burnfield worked in the pathokinesiology laboratory at Rancho Los Amigos National Rehabilitation Center under Dr. Jacquelin Perry and in the USC biomechanics laboratory under Associate Professor Christopher Powers Ph.D. “That tells you all you need to know about Judy,” Gordon said. “That she was able to survive—and indeed flourish—under two such demanding mentors demonstrates her fortitude, her intelligence, her work ethic and the thickness of her skin.”

Since graduating in 2003, Burnfield has had many notable successes. Most recently, she was named director of the Nebraska Athletic Performance Laboratory at the University of Nebraska. At a recent reception for the opening of the state-of-the-art lab, Burnfield said she expects the lab to become a leader in both research and education related to the study of the human performance and safety of athletes.

Burnfield added that the laboratory is a collaborative effort between academics and athletics as well as with several partners from outside the university. “This extraordinary collaboration will bridge not only academics and athletics but also the broader health care community and industry leaders to improve athletes’ performance and safety well beyond their collegiate years,” she said.

Earlier this fall, Burnfield has had many notable successes. Most recently, she was named director of the Nebraska Athletic Performance Laboratory at the University of Nebraska. At a recent reception for the opening of the state-of-the-art lab, Burnfield said she expects the lab to become a leader in both research and education related to the study of the human performance and safety of athletes.

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“Importantly, I was able to leverage this relatively small grant into a productive research career including more than 100 publications and more than a million dollars in federal funding,” Powers said. “Also, we will need to work with insurance companies to obtain suitable payment for services rendered within a direct access environment.”

Powers joined the faculty in 1997, a year after earning his Ph.D. in biokinesiology at USC. He was promoted in 2003 to associate professor and holds joint appointments within a direct access environment.”

Christopher Powers Ph.D. ’96, an associate professor in the Division of Biokinesiology and Physical Therapy, has been elected president of the California Physical Therapy Association, the Golden State chapter of the American Physical Therapy Association. Powers is the Division’s seventh alumnus to take the prestigious leadership role.

Powers takes the helm of the CPTA at a critical point for its 77,000 members.

The association successfully lobbied for a law to allow Californians direct access to physical therapy services. Effective Jan. 1, 2014, Californians no longer needed a physician referral to see a physical therapist.

The new law also changes the rules of ownership of physical therapy practices.

“With that battle behind us, Powers noted that the CPTA has a responsibility to help with the law’s implementation, ensuring patients, practitioners and insurers understand the changes moving forward.”

“The passing of the new law, it will be important to increase public recognition of physical therapists as direct access practitioners,” Powers said. “Also, we will need...
MOTION AROUND THE WORLD

9 WINTER 2014

When a shoulder injury nearly sidelined competitive swimmer and USC grad student Oussama Mellouli ’07, Tara Pollak DPT ’03 stepped in to get him back on the fast track to success.

BY HOPE HAMASHIGE

Standing atop the Olympic podium in Hyde Park in 2012, Oussama Mellouli had achieved something he couldn’t have imagined two years earlier when he was nearly sidelined by a shoulder injury. He had won two Olympic medals.

Mellouli attributes his success to finding the right physical therapist to help keep him in top shape. He found his physical therapist in the same place where he earned his college degree—USC.

Tara Pollak graduated from the Division of Biokinesiology and Physical Therapy with her doctor of physical therapy degree in 2003. Looking back, the pair says the partnership worked because of their shared ties to USC.

“It made sense to get two Trojans together. It’s the highest caliber academics coming together with the highest caliber athletics,” says Pollak, who is now a physical therapist and clinical director at Evolution Physical Therapy in Culver City, Calif. “Plus,” she adds, “the Trojan family really does stick together.”

Just before meeting Pollak, Mellouli was having his worst season ever. “I was having so much pain. It was like a knife going through my shoulder.” He had tendinitis and had struggled with a herniated disk in his lumbar spine. A couple of attempts at physical therapy hadn’t been successful, and doctors were suggesting that he have an operation on his rotator cuff to get him back in competition.

Pollak convinced him to give physical therapy another shot because she wanted to come at his problem in a different way. She said that strengthening his shoulder wouldn’t be a long-term solution. He needed to strengthen other muscles, such as his core, to keep his body steady in the pool, keeping the shoulder and back from being constantly strained.

“It was obvious from the beginning that she was very knowledgeable, and she was excellent at helping me understand things in a way that I never had before,” Mellouli says.

Pollak put him on an exercise regimen that was tough, requiring the convalescing swimmer to perform his exercises correctly to get the best possible outcome in the shortest possible time.

Six months later, Mellouli could do his pool workouts and, rather than being slumped over in pain, he was able to emerge from the water with a smile on his face.

“It was very hard, and it took a major commitment for both of us,” says Mellouli, who swims for his native country of Tunisia. “But, had I done surgery, I might have been in recovery for up to 12 months, and there was no guarantee that I would regain all the function and strength in my shoulder.”

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By the time he got to London—his third Olympics—he was back in top form, winning gold in the 10-kilometer swim and bronze in the 1,500-meter freestyle.

Mellouli announced his retirement after the 2012 games, but it lasted only seven months. When he decided to return to the pool, one of the first calls he made was to Pollak, asking for her help to get him back on track.

Pollak and Mellouli spent much of the summer in France, preparing Mellouli for the first stage of his comeback, the 2013 Barcelona World Championships, where he won the 5-kilometer open water swim.

Now a graduate student at the USC Rossier School of Education, Mellouli has his sights set on the Olympics in Rio de Janeiro in 2016, when he will be 32. To get there, he said he plans to keep Pollak as an integral part of his training team.

“Her approach is to get my whole body, not just my shoulder, to perform on a different level,” says Mellouli, noting that the results of their partnership speak for themselves.

Preparing Olympic medalist Oussama Mellouli for his comeback

After the 2012 Olympics, Mellouli admits he gained weight and got out of shape. When he chose to return to swimming, he and Pollak spent several weeks at a training camp in the Pyrenees Mountains for high-altitude training to get Mellouli ready for the first big challenge of his comeback—the 2013 World Championships in Barcelona, Spain. Here’s a look at an average day in the training camp where Mellouli shed 25 pounds and, with Pollak’s help, made sure intense training didn’t aggravate an old shoulder injury:

**BREAKFAST**

Mellouli’s breakfast would typically be something like an omelette with cheese, French bread with butter and jam, cereal and two to three pieces of fruit with yogurt. He had to eat a lot of calories to compensate for hours of working out.

**MORNING WORKOUT**

Mellouli’s training would start with stretching and warm-ups. Pollak applied muscle aid tape, which is worn by many Olympic athletes to alleviate pain and injury. Mellouli would then spend two hours swimming.

**PHYSICAL THERAPY**

Because Mellouli was dealing with a strained sartorius last summer, Pollak would work on stretching that muscle. She also knew that he sometimes needs his left elbow mobilized because of an old injury. She gave him the once-over daily, making sure other body parts were in good working order, including soft-tissue mobilization to his pecs, active release techniques for scapular mobility and thoracic mobilizations and manipulations.

**LUNCH**

Typically, Mellouli would eat salad, lasagna, bread, soup and dessert.

**AFTERNOON WORKOUT**

Pollak, also a strength and conditioning specialist and yoga instructor, joined Mellouli for dry land training such as strength training, yoga or running. Then Mellouli spent two additional hours in the pool. Afterward, the pair watched films of Mellouli swimming to analyze his stroke, which was one strategy to individualize his physical therapy.

**DINNER**

The last meal of the day would include steak, veggies, potatoes, soup, salad, bread and dessert.

**EVENING PHYSICAL THERAPY**

The day closed with an additional hour of physical therapy. Again, the treatment was personalized and meant to help him recover from the day with ice or electric stimulation to any acute sore areas, such as his shoulders, elbow or hip.

—HOPE HAMASHIGE

**A DAY IN THE LIFE OF A CHAMPION**

**PHYSICAL THERAPY**

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—HOPE HAMASHIGE
CPTA ANNUAL CONFERENCE
Sept. 20, 2013, Pasadena, Calif.

1. Faculty Members Lori Ginoza DPT ’06, Erin Hayden DPT ’06 & Kimiko Yamada DPT ’06 & Michael Simpson DPT ’09, Allison (Brown) Scheid DPT ’06 & Lori Ginoza DPT ’06. 3. 2013 Rising Star Award Winner Marie Yeseta DPT ’12 & Jennifer Yue DPT ’11, Aaron McGuinness DPT ’11 & Gustavo Alonso DPT ’14 & Aaron Willis DPT ’10 & Nancy Kriegert BS ’83 & Rob Landel MSPT ’84, DPT ’96 flanked by his father Dr. Robert F. Landel Sr. and mother Dr. Aurora M. Landel.

From lectures sending knowledge to faraway scholars to research partnerships spanning multiple continents, the USC Division of Biokinesiology and Physical Therapy alumni and faculty put the world in world-class. Read on to learn more about several of the Division’s globetrotting academics and how international collaboration supports the mission of advancing the practice of physical therapy and the science behind it all. >>

BY HOPE HAMASHIGE, BETH NEWCOMB MPH ’13 & YASMINE PEZESHKPOUR
Dr. Cheryl Resnik

CHINA

As part of the evidence-based practice curriculum for USC physical therapy students, Dr. Cheryl Resnik shares her knowledge of health care delivery, including the perspectives of patients, therapists and the healthcare system.

Resnik DPT ’97, associate professor of clinical physical therapy and associate chair, studies administration and professional behavior, with emphasis on communication skills, personal values and how social issues impact health care delivery.

Her efforts to help students become effective, compassionate physical therapists haven’t been limited to U.S. students. In 2011, Resnik lectured about physical therapy at Beijing Sport University (BSU). There are few physical therapy programs in China, Resnik says, and BSU wanted to create an entry-level program with USC’s guidance.

BSU sent students to the United States to participate in the first year of USC’s curriculum, Resnik says, and BSU wanted to create an entry-level program with USC’s guidance.

Resnik’s insight sparked the creation of a memorandum of understanding between the universities designed to encourage collaboration in education and research activities.

“Student visitors [from BSU] have observed care at both our faculty practices as well as at the Keck hospital of USC, so they’ve gotten to see a broader picture of what physical therapy can offer,” Resnik says.

---BN

Dr. Kornelia Kulig

CZECH REPUBLIC, GERMANY, POLAND & TAIWAN

Teaching, lecturing and consulting at universities has taken Dr. Kornelia Kulig around the globe more than a few times.

Kulig, professor of biomekinesiology and physical therapy—along with two other Division faculty members Drs. Larry and Sally Ho—helped establish an orthopedic residency program at National Cheng Kung University.

She is also helping the University of Potsdam launch a graduate program in clinical exercise science. For the past three years, Kulig has taught courses there and brought those students to USC to see the work being done at the Division.

That program is one of the few advanced degree programs in movement science in Europe.

Kulig also has given lectures and taught in other parts of Europe. She recently gave lectures on her research at Czech Technical University and Motol Hospital at the Charles University, both in Prague, and the University of Fernando Pessoa, Portugal. She also has an ongoing relationship with the Academy of Physical Education, Wroclaw, Poland, where she received her Ph.D.

Of juggling her international responsibilities with her responsibilities at USC, Kulig says: “I think it is part of my identity to facilitate learning.” ---HH

Dr. Nicolas Schweighofer

FRANCE

Associate Professor Nicolas Schweighofer Ph.D. ’95, director of the Computational Neuro-Rehabilitation Laboratory, travels between disciplines and continents to study motor learning and stroke recovery from a neuroscience perspective.

Dr. Schweighofer’s appointments include the Division of Biomekinesiology and Physical Therapy, neuroscience, computer science and biomedical engineering.

He completed his Ph.D. in neuroscience at USC in 1995 before traveling to Japan for a postdoc in computational neuroscience. He met a team of experts in motor learning neuroscience and functional magnetic resonance imaging who provided him with insight for an ambitious project: creating an accurate predictive model for stroke recovery.

Schweighofer’s colleagues in France manage a major clinical aspect of the project. Patients recovering from stroke perform rehabilitation exercises while in a robotic exoskeleton; data collected from the exoskeleton tracks the progress in the patient’s arm and hand movement, motor control and brain healing. Schweighofer’s USC team uses the data to create a mathematical model of how much and what type of recovery takes place.

The models could one day predict patient recovery and provide individualized rehabilitation plans, Schweighofer says.

“Ideally, based on the recovery prediction, we’d tailor the treatment to the patient,” he says. “We hope to use adaptive methods to improve stroke outcome.” ---BN

Drs. Sachithra Samarawickrame & Rami Hashish

BRAZIL

Dr. Sachithra Samarawickrame and Dr. Rami Hashish, both biomekinesiology Ph.D. candidates, presented their individual research at two conferences—the International Society of Biomekinesics Congress and the International Footwear Biomechanics Symposium—last summer in Brazil.

Hashish and Samarawickrame both study different aspects of the biomechanics of running and lower extremity injury.

Their study entails slowly transitioning 30 shoe-wearing runners to barefoot running over eight weeks. The research focuses on characterizing the various biomechanical and physiological adaptations that take place in response to this transition.

“It first came up because a guy won a marathon running barefoot, which started a trend of barefoot running,” explains Hashish, referring to the 1960 Olympic victory of Ethiopian Abebe Bikila. Since then, he adds, there has been growing interest in researching barefoot running and preventing injury.

Samarawickrame, who is also a medical doctor, researches muscle and tendon adaptation in response to novel eccentric loading and fatigue. Hashish, who also holds a doctor of physical therapy degree, studies the potential for lower extremity injury by looking at the biomechanical variables that are predictors for injury.
Dr. Beth Fisher

POLAND

Beth Fisher MSPT ’80, Ph.D. ’00, associate professor of clinical physical therapy, is director of the Neuropsychology and Imaging Laboratory. Dr. Fisher’s team uses sophisticated imaging to study how brains, including those affected by Parkinson’s disease and stroke, change in response to intensive exercise and skilled rehabilitation.

Through colleague Dr. Komelia Kuşgül, Fisher met like-minded researchers led by Professor Anna Jaskólska at the University School of Physical Education in Wrocław, Poland. While visiting Poland as keynote speaker for the 2013 International Physiotherapy Conference, Fisher was hosted by Jaskólska’s team and toured laboratories, discussed common aims in exercise-induced brain and behavior recovery and lectured to 20 Ph.D. students. Following Fisher’s visit to Poland, Jaskólska’s mentee, Jarek Marusiak, visited USC in November 2013 prior to presenting at the Society for Neuroscience meeting in San Diego. He worked with patients, toured laboratories and presented at the Division’s laboratory meeting.

Fisher says further collaboration is in the works, including clinical research on how high-intensity exercise improves outcomes for Parkinson’s patients.

“There are lots of intersections,” Fisher says. “Collaboration could contribute to a world-wide paradigm shift, including patients with Parkinson’s being seen earlier and undergoing more intensive rehabilitation.”

—BN

Dr. Francisco Valero-Cuevas

SWEDEN

Dr. Francisco Valero-Cuevas, professor of biomechanics and physical therapy and professor of biomedical engineering at the USC Viterbi School of Engineering doesn’t just bridge disciplines with his research on biomechanics, neuromuscular control and human movement rehabilitation. His work also spans nations.

Recently, he and collaborators at USC and the Karolinska Institute in Sweden published studies in the Journal of Neurophysiology that revealed exciting data about motor control development.

The studies show the time window for improving fine motor skills in the hand lasts into adolescence, much longer than previously thought. This means that starting or continuing rehabilitation later than recommended can still have positive results for patients with movement disorders, Valero-Cuevas says.

The studies used a tool Valero-Cuevas devised with several springs to measure a patient’s fine motor ability. The springs get progressively tougher to compress, providing an objective measurement for hand skills. The studies’ clinical research was performed in Sweden.

Collaborating with international partners on clinical research is often advantageous, Valero-Cuevas says. “Other nations organize their health care systems differently than in the U.S.,” he says. “Working with partners in these countries can give us a different clinical perspective and streamlined access to specific populations.”

—BN

Dr. Robert Landel

ITALY

This summer “served” up a lot of excitement for Robert Landel MSPT ’84, DPT ’96. The Division professor of clinical physical therapy received a silver medal in beach volleyball pairs at the 2013 World Masters Games in Torino, Italy.

Dr. Landel and his partner squared off against teams from all over the world before landing in the semifinals against Italy.

“The semifinal and final games were the most exciting to play,” says Landel, who defeated the Italian team to compete against Brazil for the top prize.

“We got out to a bad start in the first set [against Brazil], fought back but lost in a very close game,” he says.

“We were happy with how we played, though,” he says. “Brazil is a very talented team; one player’s son is one of the best players [Pedro Solberg Salgado] in the world right now, good genes,” he adds, with a laugh.

“At the end of the games, there is a tradition of exchanging uniforms with players you respect; both the Brazilians and Italians wanted to trade with me, which was a great feeling.”

In addition to his role behind the net, Landel plays a large part in USC’s Division of Biokinesiology and Physical Therapy, serving as professor of clinical physical therapy and director of the doctor of physical therapy and residency programs.

—YP

Drs. Lilian Chen-Fortanasce & Michael Fortanasce

CHINA

Even though it was the Chinese Olympic Committee who invited Dr. Lilian Chen-Fortanasce DPT ’03 to consult their athletic teams in 2006, her approach to healing injured athletes was met with skepticism.

Physical therapy, as it is practiced in the United States, didn’t even exist for China’s most elite athletes in 2006. Musculoskeletal injuries, caused by improper training or overtraining, often turned small traumas into major biomechanical problems.

Chen-Fortanasce and her husband Dr. Michael Fortanasce DPT ’96—both former Division faculty members—were on hand to treat athletes during the 2008 Summer Olympics in Beijing and have continued to work with Chinese Olympians.

The initial resistance to the Fortanasce’s methods has waned. In fact, their work has been so convincing that the Chinese Olympic Committee sent several rehabilitation specialists to study at the Fortanasces’ clinic, Fortanasce & Associates, and take USC’s orthopedic sports residency classes.

And Chen-Fortanasce, along with Dr. Joe Gogens, an adjunct faculty member, is working to help two Chinese universities to integrate Western physical therapy into their rehabilitation programs.

“I think China is at a tipping point where they are engaging Western science into their rehabilitation and training,” says Chen-Fortanasce.

—HH
Dr. Ahmed Abdulhadi Bashkeel
UNITED ARAB EMIRATES

BY AHMED ABDULHADI BASHKEEL DPT ’10

I attended the DPT program at USC from 2007 to 2010. They were three wonderfully enlightening years. Any DPT graduate can attest to its rigorous curriculum, but there’s also an amazing feeling of personal growth and achievement when you complete the program.

On May 14, 2010, I walked the stage at the Bovard Auditorium with my fellow classmates to receive my DPT degree.

I completed the licensure and jurisprudence exams soon afterwards, and, in August 2010, I proudly returned home to Abu Dhabi, United Arab Emirates as the first Emirati Doctor of Physical Therapy. I had big plans for the future.

USC’s indisputably excellent physical therapy education taught me two important things: I was able to translate into my clinical practice—the ability to think critically when treating patients and the significant value of individualized patient care.

Many of my patients have repeatedly expressed their satisfaction with how I look at them as individuals and not just as a product of their impairments and functional limitations. Treating patients with empathy is as much a part of the formula for success as any therapeutic exercise or manual mobilization.

My initial plan when I returned to Abu Dhabi was to be an expert clinician. I was on the right track, enjoying good success with a high percentage of my patients, particularly patients with knee injuries.

I was even getting patients referred to me from other emirates. Additionally, I was frankly quite disappointed with the quality of health care in my country. I wanted to make a greater impact on my society. I became an active member of the scientific community. I came to realize, however, that though I am certainly helping to improve the quality of my patients’ lives, I wasn’t making a large enough impact on my society.

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I completed the licensure and jurisprudence exams soon afterwards, and, in August 2010, I proudly returned home to Abu Dhabi, United Arab Emirates as the first Emirati Doctor of Physical Therapy. I had big plans for the future.

USC’s indisputably excellent physical therapy education taught me two important things: I was able to translate into my clinical practice—the ability to think critically when treating patients and the significant value of individualized patient care.

Many of my patients have repeatedly expressed their satisfaction with how I look at them as individuals and not just as a product of their impairments and functional limitations. Treating patients with empathy is as much a part of the formula for success as any therapeutic exercise or manual mobilization.

My initial plan when I returned to Abu Dhabi was to be an expert clinician. I was on the right track, enjoying good success with a high percentage of my patients, particularly patients with knee injuries.

I was even getting patients referred to me from other emirates. Additionally, I was frankly quite disappointed with the quality of health care in my country. I wanted to make a greater impact on my society. I became an active member of the scientific community. I came to realize, however, that though I am certainly helping to improve the quality of my patients’ lives, I wasn’t making a large enough impact on my society.

Additionally, I was frankly quite disappointed with the quality of health care in my country. I wanted to be a catalyst for positive change.

In February 2012, I flew to Los Angeles to catch up with some of the USC faculty. I updated them on what I was doing and sought their counsel on how best to proceed in my career. They all gave me pertinent advice, but the words of Dr. Jesus Dominguez repeatedly resonated in my mind—“You have to learn how to politely say no.” He was right. I was basically saying yes to every opportunity that came my way, and some of those endeavors were taking a lot of time and energy from me without helping me reach my goals. That was a massive realization for me.

A few months ago, I accepted a job offer to become the manager of inpatient therapies at Cleveland Clinic Abu Dhabi. It is a wonderful opportunity for me, one of which I am very excited about and confident in my ability to succeed in.

Who knows what the future has in store for me? But I do know that during my time at USC I experienced invaluable personal growth and a greater sense of purpose. I strive to become the UAE’s minister of health one day.

But if I don’t, I am at least certain that I will have reached a high enough level to be able to make positive changes for my country. And that in itself is an accomplishment of my personal and professional goals.

(continued below)
When the USC Division of Biokinesiology and Physical Therapy honored this year’s physical therapy residency graduates at the White Coat ceremony, one of the program’s graduates was half a world away, working with the U.S. Rhythmic Gymnastics team as it competed in the world championships in Kiev, Ukraine.

“I feel honored to have the opportunity to work with such an incredible group of athletes,” says Kristen Sutton-Traina DPT ’12, who completed her orthopedic physical therapy residency in August 2013. While it was her first trip to Ukraine, it was not her first time working with U.S. gymnastics teams. Dr. Sutton-Traina has been around dance all her life. Her mother danced in a non-profit organization that puts on shows to raise money for medical research. Her brother, Charlie Sutton, followed in their mother’s footsteps and is now a Broadway veteran, who is currently performing in the hit musical Kinky Boots.

Sutton-Traina’s own interest in dance took her down a different path; she helped dancers stay healthy initially as an athletic trainer. She worked with dancers at Disneyland Resort, went on tour with Lord of the Dance and got her first experience working with U.S. gymnasts.

She quickly realized that many dancers perform with pain and suffer career-ending injuries even into their 20s. She began to feel that there had to be a better way to help dancers prevent injuries and keep them healthy.

“I started thinking about creative ways to improve their medical care and help prolong their careers, which led me toward the profession of physical therapy,” she says.

In considering which programs might best suit her interests, Sutton-Traina explains that USC was the obvious choice.

“It is the number one program in the country, and that was one reason,” she says. The other was that it would offer her the opportunity to work with Dr. Kornelia Kulig, whose work with tendonopathies has intertwined with dance medicine.

“Dr. Kulig’s interest in dance and willingness to explore the influence of movement on the body provided an invaluable experience, allowing me to grow as a researcher and a clinician,” Sutton-Traina says. Working with Kulig helped her to understand the power of combining skilled practice with top-notch research, she adds.

Furthermore, the clinical training at USC is diverse and grounded in science. It offers strong clinical experiences working with people with a variety of movement disorders.

Sutton-Traina’s athletic training back ground gave her a foundation in orthopedics, but she believed that working with patients with neurological dysfunctions would enrich her interest in movement.

“You really have to be in touch with movement when you are working with patients with neurologic dysfunctions,” she says, “and you see how simple suggestions can make big differences.”

During her third-year clinical rotation, Sutton-Traina traveled to New York to work with Broadway dancers. Upon returning to USC, she found other opportunities to provide care to dancers, including working with the L.A. Dance Project during her residency.

As her time with USC wound down, Sutton-Traina’s journey came full circle. She is back to working in orthopedics and back to treating dancers and gymnasts.

She recently began a new job at Select Medical working with the performers at Disneyland Resort.

“She has worked with this group of dancers and performers before, but with several years of physical therapy training under her belt, she believes she has more tools to keep these dancers performing at their peak for longer.

“All the years devoted to school have provided a solid foundation, allowing me to treat my patients more effectively, and although dance medicine is a small specialty within physical therapy, I definitely see this as my future,” she says.
Research Grants

January–November 2013

PRINCIPAL INVESTIGATOR

Christina Deili-Conwright

Susan Duff

James Finley

Jackie Kiwata

Michael O’Donnell

Scott Russell & George Salem

George Salem & Sachithra Samarawickrama

Susan Sigward

Nicolas Scheweighofer & Carolee Weinstein

Beth Smith

Francisco Valero-Cuevas

Kimiko Yamada

BKN/PT CO-INVESTIGATOR

Linda Fettes, Barbara Sargent & Jason Kutch

American Physical Therapy Association-Section on Pediatrics

American College of Sports Medicine Travel Grant

California Orthopaedic Manual Physical Therapy SIG

Yoga to Improve Posture and Muscular Performance in Persons with Cystic Fibrosis

Quantifying Muscle and Bone Changes in The Foot And Leg Using Magnetic Resonance Imaging

Does Early Gait Training Improve Lower Extremity Sagittal Plane Loading Following Anterior Cruciate Ligament Reconstruction?

Optimizing the Dose of Rehabilitation After Stroke - Administrative Supplement

Rehabilitation Research Career Development Program (K12)

American Head and Neck Society

USC Southern California Clinical and Translational Science Institute

National Institutes of Health

Webb Foundation Cystic Fibrosis Center Grant (Subcontract from Children’s Hospital Los Angeles)

USC Southern California Clinical and Translational Science Institute

California Physical Therapy Fund

National Institutes of Health

National Institutes of Health

American Head and Neck Society

AWARD AMOUNT

$30,000

$24,456

$270,000

$7,555

$3,000

$20,484

$30,500

$9,095

$186,803

$405,000

$2,543,557

$1,000

1. It was a serendipitous twist—or maybe just a clerical error—that forever changed Dr. James Finley’s career trajectory.

As a freshman at Florida Agricultural and Mechanical University, Finley dreamed of using his engineering degree to make car engines run faster. The first step on his way to an automotive engineering career was an internship at Ford Motor Company. When Ford realized it couldn’t bring on the number of interns it had initially planned, Finley was left scrambling. Enter Medtronic, a medical device manufacturer. It was a real game changer for Finley. “That was my first experience where I realized that we could use engineering to improve people’s health,” he says.

2. In graduate school, Finley became interested in the control of human locomotion.

A course at Northwestern University called Sensorimotor Control first stoked his interests when he realized how different components in the nervous system were responsible for certain aspects of movement—something he thinks of in analogy to a car where every component has an independent and interdependent function within the engine to make the car move. After graduate school, Finley worked at the Rehabilitation Institute of Chicago whose principal patient population are stroke survivors. It was there he became interested in how stroke survivors walk.

3. One of the first tasks on Finley’s to-do list at the Division is to start the Neural Control and Mechanics of Human Locomotion Laboratory.

Finley’s been charged with setting up a new research center to answer some of motor learning’s prevailing questions. With a split-belt treadmill, a metabolic cart and an EMG, Finley hopes to work with individuals to research whether or not humans choose walking patterns to minimize energy expenditure and how stability and energetics influence how one learns to walk. He hopes to apply his findings to maximize rehabilitation for stroke survivors.

4. When it came to choosing USC—more than 2,000 miles away from his family in Chattanooga, Tenn.—it was Division faculty that made Finley’s mind up. The weather didn’t hurt, either.

Finley says coming to USC was an easy sell. As a candidate for assistant professor, he visited twice, meeting nearly all the Division’s faculty. He had a good deal in common with a vast majority of them and thought their work could complement each other. “I knew collaborative research is a buzzword right now [in academia], but it’s actually a part of my personality,” Finley says. “I prefer to work with others as opposed to just being an island. And I saw that was not only possible here, but was very common. And you don’t really see that everywhere.” As for that weather, Finley’s an avid biker and runner, so warm weather year-round helps him get away three or four days a week to indulge his passion.

5. Though Finley had three advisers who’ve really helped him become who he is today, one of his greatest motivators is his wife, also a USC faculty member.

He’s had rigorous advisers who have instilled in him solid, scientific habits, but it’s his wife Stacey Finley, an assistant professor in biomedical engineering at USC, that really keeps him on his toes. “If one of us does really well, gets an award or something like that, it really tells the other person that this is possible,” he says. “It’s nice to have that in-home reinforcement. I think that’s really served us well.”
SNAPSHOTS

HOMECOMING WEEKEND

Nov. 16, 2013, Argue Plaza


PHOTOS BY: SV–SARA VILLAGRAN, GM–GLENN MARZANO

CLASSNOTES

1983

BECY CANNES CLEARY

MS PT is the clinical services manager for San Joaquin Valley Rehabilitation facility, a 65-bed inpatient rehabilitation center. She was awarded the commission on Accreditation of Rehabilitation Facilities Amputee Specialty and renewed her Stroke Specialty accreditation.

1993

ANDEA ABRUSKIN MPT is finishing her master’s in media and communications psychology from Touro University Worldwide. She currently serves as a public relations committee chairperson for the Nevada Physical Therapy Association. She also writes content for MoveForwardPT.com and holds a spot on American Physical Therapy Association’s editorial board. The former backstage physical therapist for Lion King the last two years of its Vegas run, Anetkin now heads to the Smith Center for the Performing Arts to treat the cast of national touring shows such as Sister Act, Anything Goes, Memphis and Evil. 1994

JANET (KIRBY) GANGAWAY MPT received the 2013 Judy Cirullo Award from the Aquatic Section of the American Physical Therapy Association in recognition of outstanding promotion of aquatic physical therapy through service and clinical practice.

1996

LAURA TIETJEN MPT will be at the Winter Olympics in Sochi, Russia, working with the U.S. Olympic freeski slopestyle team. “Nothing will be more exciting than to see each athlete’s perseverance, respect for each other, integrity as professional athletes and accountability culminate in achieving their Olympic experiences,” Tietjen says.

1999

JASON PARK DPT and JAMES LEE DPT ’05 recently opened a second location of their private practice, Southland Physical Therapy, in Costa Mesa, Calif. Park says they’re already planning a third and fourth location. The two are happy to report they employ three fellow Trojan physical therapists.

2002

JAKE IRWIN DPT has been teaching advanced orthopedics at Georgia State University for the past two years and recently opened a faculty practice for the university. He’s also served as a delegate with the American Physical Therapy Association. Irwin wraps up 2013 by working with the U.S. bolosled and skeleton team at two world cup events, with hopes of continuing with the team in Europe.

2003

SUMMER (WILKERSON) VARLAND DPT joined Burger Physical Therapy and Preferred Healthcare Registries Inc. She’s also a captain in the California Army National Guard, working as a brigade physical therapist. She married Army Major Keith Haivland, with whom she has a 3-year-old son named Konnor.

2007

EMMANUEL YUNG DPT co-developed and launched an iPad/Phone app called “Clinical Pattern Recognition—Low Back Pain.” Yung describes it as a simple-to-use, guideline and evidence-based orthopedic rehabilitation app designed to help students and clinicians hone their clinical reasoning skills regarding examination, differential diagnosis, movement faults, treatments and exercises for lower back pain.

2008

BISHA (AMIN) STROPEL DPT married classmate Bryan Strople two years after graduation. After a couple years of marriage, the couple bought Huntington Beach Physical Therapy & Rehab, Class of 2007.

2009

DIANA REISS PT, DPT, OCS opened the doors to her own physical therapy practice, Reiss Physical Therapy & Rehab, Inc., in Los Angeles in 2010. In 2012, she hired fellow Trojan, Ryan Monreal DPT ’12.

2011

NATALIE LOPEZ DPT became a board-certified specialist in pediatric physical therapy with the American Board of Physical Therapy Specialties in June 2013. She is working on opening a pediatric physical therapy practice in the San Fernando Valley and maintains a blog called beyond basic that is focused on pediatrics and pediatric physical therapy.

REBECCA (SANDERS) WOOD DPT started a new job as a staff physical therapist at The Sports Rehabilitation Center in Atlanta. Wood is the current chair of the Georgia Physical Therapy Political Action Committee and was recently elected as Georgia Delegate to the American Physical Therapy Association House of Delegates. She also recently received her board certification in orthopedics.

JARED VASY DPT developed an ongoing column for DPM Climbing magazine titled “Emerging Concepts in Injury Prevention.” He has already published three articles and has several more on topics including rotator cuff strain, climbing warm-up exercises and climber’s elbow. He’s also been chosen to be a test item writer for the OCS exam.

2013

TIANA HOKUTAN-LAYNE DPT married classmate SCOTT LAYNE DPT in April 2013 in Kailua-Kona, Hawaii at Four Seasons Hualalai. Get some exciting news to share with your fellow alumni? Tell us about your awards and grants, publications, professional developments, births and marriages at pt.usc.edu/InMotion or email to InMotion for possible inclusion in an upcoming InMotion.
Faculty member Dr. Jessica Curran shares the story of a patient who fought cancer, lost his leg and half his pelvis yet still managed to inspire those around him with his fortitude and love for the Green Bay Packers.

As physical therapists, we enjoy the opportunity of helping people on a daily basis. I have always aspired to empower my patients with education and motivation during their rehabilitation to inspire them to achieve better than their pre-injury baseline. Whether I am working in the inpatient or outpatient setting, every patient has a different motivation. No matter the motivation, the greatest successes occur when you not only listen to your patients, but when you actually hear and understand what motivates them.

When I met Dean Martin, life as he knew it was changing. Just over a year ago, Dean was diagnosed with cancer in his leg and immediately underwent surgery to remove the cancer. Unfortunately it returned, more aggressive than before. To save his life, his leg and half of his pelvis had to be removed. Physical therapy was consulted after this major surgery to help him begin to learn how to participate in daily activities again, without the benefit of two legs.

Unfortunately it returned, more aggressive than before. To save his life, his leg and half of his pelvis had to be removed. Physical therapy was consulted after this major surgery to help him begin to learn how to participate in daily activities again, without the benefit of two legs.

Dean surprised us all. He demonstrated great success with sitting, standing and even initiating walking with a walker. However, during the next few days at the hospital, Dean started facing setbacks from post-surgical complications.

We had a patient to inspire. We knew Dean could do it, and that Green Bay Packers hat stood out. Dean is a Wisconsin transplant and a die-hard Green Bay Packers fan, a “Cheesehead” all the way. So, to help him find his inspiration, Carrie and I set out to create Lambeau Field, the stadium the Green Bay Packers play in, in his ICU room. We showed up to his room with a USC physical therapy student on her clinical rotation, every patient has a different motivation.

Inspiration is a special occurrence—it means something different to each of us, yet when one of us is inspired, you can’t help but feel its effects come full circle.

For Dean, his love of the Green Bay Packers inspired him throughout his rehabilitation after surgery at USC—but he also inspired every one of us on his team who was lucky enough to work with him.

See Dean’s inspiring video here: tinyurl.com/uscptinspiration

HELP THE DIVISION MAKE A DIFFERENCE.

Every single dollar counts when it comes to helping the USC Division of Biokinesiology and Physical Therapy strengthen its patient outreach, groundbreaking research and longstanding eminence among physical therapy schools. Here are some ways you can help:

PLANNED GIFTS: Planned gifts include wills, charitable remainder trusts, charitable lead trusts and annuities. These gifts may help you reduce or avoid income, gift and inheritance taxes.

CASH DONATIONS: Make your gift by check, credit card or cash.

PLEDGES: Make a gift that is paid over several years on a payment schedule that is most convenient for you.

MEMORIAL OR TRIBUTE GIFTS: Honor special occasions such as birthdays, weddings or births or memorialize a friend, colleague or family member.

IN-KIND GIFTS: Donate goods or services that fulfill programmatic needs.

For more information, contact:

DIVISION OF BIOKINESIOLOGY & PHYSICAL THERAPY
OFFICE OF DEVELOPMENT & ALUMNI RELATIONS
1540 Alcazar Street, CHP 155
Los Angeles, CA 90089-9006
Phone (213) 740-0428
Email: ostrow.development@usc.edu

To donate online, visit give.ucla.edu and check the box that says, “Please direct my gift to a specific school or program,” which will allow you to earmark your gift for the Division of Biokinesiology and Physical Therapy.
CONTINUING EDUCATION COURSES

SPRING 2014

ONLINE COURSES
(can be accessed on your own time from any computer)

INTRODUCTION TO MALE PELVIC HEALTH: URINARY INCONTINENCE
Two-hour online course
Instructor: Daniel Kirages PT, DPT
OCS, FAAOMPT
0.2 CEUs

ESSENTIALS FOR APPRAISING EVIDENCE
Four-part online course:
• Clinical Practice Guidelines
• Systemic Reviews
• Appraising Intervention Studies
  Part I: Applicability and Validity
• Appraising Intervention Studies
  Part II: Interpreting Results
Instructors: Linda Fetters PhD, PT, FAPTA & Julie Tilson PT, DPT, NCS
2.0 CEUs for four-part series

IN-PERSON COURSES

ORTHOPAEDIC PHYSICAL THERAPY SEMINAR SERIES (EAST COAST)

January 10-14–Module 4: Thorax, Neck and Shoulder Girdle
February 7-9–Module 5: Shoulder, Elbow, Wrist and Hand
Instructor: Joe Godges PT, DPT, OCS
2.25 CEUs per module

HIGH VELOCITY LOW AMPLITUDE TECHNIQUES FOR SPINAL MANIPULATION

March 20-21–Module 1
March 22-23–Module 2
Instructors: Philip Tahan DO, Dip. Physiotherapy, MHSc
& Peter Gibbons MB, BS, DO, DMSMed, MHSc
3.0 CEUs per module

USC ORTHOPAEDIC BOOT CAMP 2014

January 11-12–Pelvic Girdle
February 8-9–Low Back
March 8-9–Hip & Knee
April 12-13–Ankle & Foot
June 7-8–Thoracic Spine & Ribs
July 12-13–Cervical Spine
September 6–7–Shoulder
October 11-12–Elbow, Wrist & Hand
Instructors: Joe Godges PT, DPT, OCS & Daniel Kirages PT, DPT, OCS, FAAOMPT
1.5 CEUs per two-day module
12.0 CEUs for 16-day series

INTRODUCTION TO PELVIC FLOOR MUSCLE DYSFUNCTION

March 29
Instructors: Aimee Diaz PT, SCS, ATC & Daniel Kirages PT, DPT, OCS, FAAOMPT
0.75 CEUs

Visit pt.usc.edu/ContinuingEducation for course updates and registration.