



UNIVERSITY OF DELAWARE DEPARTMENT OF PHYSICAL THERAPY ALUMNI NEWSLETTER

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Editors: Juliane Orr, DPT Class of 2012 & Xiang Gao, DPT Class of 2013

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MESSAGE FROM THE CHAIR



Greetings to all of our wonderful alumni and friends,

I am most pleased to note that we have had another great year within the Physical Therapy Department. I imagine

most of you have already heard that our Department moved up to #2 in the latest US News and World Report rankings of DPT programs. This is a great honor and tribute to the UD administration and PT faculty, staff, students, alumni, and friends. In addition, the faculty continues to receive new grants, honors and awards. Most notable is Dr. Snyder-Mackler's prestigious MERIT (Method to Extend Research in Time) Award from the NIH. Lynn joins an elite group of researchers in receiving this award that will provide her with up to 10 years of funding for her research. We are also very excited about the planned move to the new Science and Technology Campus at the former Chrysler site. This will allow the Department to continue to grow. (see page 11).

As usual, the past year has also brought about change. We bid farewell to Dr. Katherine Rudolph, who moved to Maine to be closer to family and take an exciting new position as the Associate Dean for Research at the University of New England. We wish her well and thank her for her many years of service to our department.

I would like to thank the many alumni and

friends who have provided financial support to the Department over the past year. Because of your generous support, we were able to pay registration fees for all DPT students who attended our national meeting. This is much appreciated by the faculty and students and contributes substantially to the students' professional development. As always, I look forward to welcoming all of our alumni to this year's Alumni Weekend, June 1-3. The Department has organized a series of exciting events, including a fund raising event for the Foundation for Physical Therapy that will provide an opportunity for you to re-certify your CPR or Emergency Response credentials. Please log on to the University or Department websites for details. I also look forward to working with our alumni during the upcoming year on the development of an active and exciting UD PT Alumni Association. Please expect to hear more about this in the upcoming months.

Once again, I would like to conclude my message by thanking Cyndi Haley and DPT students Julie Orr and Xiang Gao for all of their hard work in putting together this wonderful newsletter.

Stuart A. Binder-Macleod, PT, PhD, FAPTA
Edward L. Ratledge Professor and Chair

Calendar of Events

APTA Annual Conference	June 6-9, 2012-Tampa, FL
APTA Student Conclave	November 2-4, 2012- Arlington, VA
Graduation DPT Class of 2012	January 5, 2013
Combined Sections Meeting	January 21-24, 2013-San Diego, CA
Alumni Weekend	June 1-3, 2012



Visit www.udel.edu/PT for more details on events

Emergency First Responder/CPR Re-certification courses on June 2nd.

WANT TO SAVE TREES AND DEPARTMENT MONEY?

If you would like to read the Alumni Newsletter on-line instead of receiving the printed publication, e-mail Mrs. Cyndi Haley (chaley@udel.edu) your name and email address and request to be added to the alumni e-mail list. We will e-mail you a web link for the newsletter each time it is completed. Thanks!

CLASS OF 2011 GRADUATION



Congratulations DPT Class of 2011!

Listed Alphabetically: Eric Mathew Abramowitz, Michael Akinbola, Louis N. Awad, Charles Barker, Kathryn Elizabeth Barry, Kristen P. Baxter, Harold R. Beeson III, Ryan Wilson Burke, Shannon Patricia Gillooly, Daniel P. Gorrin, Kaitlin Hafner, Anthony Paul Inzillo, Ainsley Christine Klauser, Katherine E. Kozak, Jamie Leigh Lambert, Vanessa Christine Lanio, Meredith Arielle Link, Taima A. McCartney, Erin E. Mitten, Jesse Alan Mohoric, Katherine Marie Monahan, Leslie Marie O'Neill, Lindsay Olmstead, Brittany Patterson, Griffith James Randle, Jaclyn Ann Reifschneider, Robert W. Rowland, Kathryn Marie Sheckels, Daniel Christopher Singles, Jillanne Smiley, Eric Joseph Tola, Andrew Vozzak, Holly Janet Whitney, and Pamela Grace Yellin.

Message from Leslie O'Neill,

President of the Class of 2011:

The Class of 2011 would like to thank all of those who supported us during our time with UDPT. To the UDPT faculty and staff, your dedication, patience, and enthusiasm has made all the difference in our education. Thank you for guiding and inspiring us. Thank you to our family and friends for encouraging and loving us and especially for tolerating us when we were totally consumed! This class is already scattered across the country (as far as Hawaii!), but we will always remain part of the UDPT family. Good luck to all of the up and comers of UDPT, keep setting the bar high!

Graduation Awards:

- Faculty Award: to **Brittany Nicole Patterson** for demonstrating exemplary personal qualities deemed most valuable to the PT profession, including integrity, cooperation, initiative and leadership.
- Chair's Award: to **Daniel Christopher**

Singles for special contributions of time and effort to improving the UDPT program and helping the faculty and director fulfill the missions of education, scholarship, and service.

- Scholarship Award: to **Katherine Marie Monahan** for a high level of scholastic achievement in the UDPT program as demonstrated by the highest grade point average in the class.

To Community Members & Alumni:

- Cossoy Award: to **Mary Husty** for extraordinary contributions to the UDPT program from outside the department.
- Cathy Doetzer Kohlenstein Clinical Educators Award: to **Jennifer Skrapits and Elizabeth Caputo** for outstanding contributions to the clinical education of UD students.
- Alumni Award: to **Jessalyn Ciampa** who made outstanding contributions to the Physical Therapy Department.
- Cathy Doetzer Kohlenstein Scholarship to **Rebecca Huesman** awarded to a sec-

ond year student to assist with funding for clinical education expenses.

- Charles S. Barker, Sr. Scholarship to **Laurie Magerfleisch** awarded to a second year student who has successfully balanced academics and family related responsibilities.
- Paul Mettler Military Service Award to **Connor Whitesel** awarded to a student with current or previous military service, or whose life in their Physical Therapy Program, has been directly impacted by a first generation family member serving their country.

To UD Physical Therapy Residents:

- Certificate of Completion of the Orthopedic Residency was presented to **Anna Shoves-tul**.
- Certificate of Completion of the Geriatric Residency was presented to **Christine Ross**.
- Certificate of Completion of the Sports Residency was presented to **Kurt Gengenbacher and Mathew Failla**.

CLASS OF 2011 GRADUATION

A Memorable Graduation



the 34 members of the UPDT Class of 2011.

The ceremony started with a warm welcome by Dr. Binder-Macleod, followed by class of 2011 speakers and class gift presentation. Other highlights include the class slide show, award presentations, and address to the graduating class by Dr. Mettler, who introduced the class to UDPT two and half years ago and now stood in front of everyone to welcome the class into the profession as Doctors of Physical Therapy. Dr. Mettler's speech was a perfect harmony of inspiration, humor, and his life experience over the years. His words will surely guide the graduates through their lives, not just as professionals, but also as individuals. Perhaps one of the most important lessons we can take away from Dr. Mettler's speech is that we all have great potential to make a profound impact on other's lives and that we should live up to that potential.

Class of 2011 celebrate the completion of their degree at their hooding and graduation ceremony held at Clayton Hall.

On January 7, 2012, families and friends gathered in Clayton Hall to celebrate the tremendous achievements of



Dr. Mettler welcomes the class to the PT profession with his inspirational speech.

Vice Provost Dr. Charles Riordan, Assistant Provost Dr. Mary Martin, Dean Kathleen Matt and the Physical Therapy Faculty hooded and presented the new DPT Class of 2011. Clinical residents were also recognized and awarded certificates in recognition of their year plus of learning and hard work for the PT department.



The 2011 University of Delaware Physical Therapy Program Graduation was the most attended by alumni, award winners, friends, family, students, and faculty.

UDPT Happenings

Departmental Scholarships

The University of Delaware Physical Therapy Department is pleased to offer several different scholarship opportunities to our students each year. We are extremely grateful to the donors and benefactors who make this possible. Below are the highlights of the awards that we are able to offer to our students.

Paul Mettler Military Service Award

In honor of Paul Mettler's distinguished service to his country and to the University of Delaware Physical Therapy Program, a new award has been created in his name. The Paul Mettler Military Service Award is granted to a student with current or previous military service OR whose life during their participation in the physical therapy program has been directly impacted by a first generation family member serving their country. There is no limit to the number of individuals that may share this award in a single year. As many of you are aware, Dr. Mettler retired after 23 years of service to the Physical Therapy Department. At the University of Delaware alone, Dr Mettler has contributed to the development of over 800 new physical therapists. In his quasi-military style of teaching, he commanded his troops and translated his vast knowledge of Anatomy, Neuroanatomy, Cardiac Rehabilitation and even Clinical Management to the masses of physical therapy students.



Conner Whitesel receives the first Paul Mettler Service Award from Dr. Paul Mettler.

The department is forever grateful to Paul for his exemplary leadership and we know many students also appreciate his contributions to their education and professional development. Please consider giving a gift to the Department in Paul's name to support the things that meant so much to Paul. You can designate the Paul Mettler Military Service Award on your donation and we will send him an acknowledgement of receipt of your gift in his honor. In lieu of a party for his departure, Paul's only request was that those impacted by service to their country be recognized and an award bearing his name seemed fitting. Please give generously and remember Paul and all those who served their country on Veteran's Day



Cathy Doetzer Kohlenstein Scholarship Award winner Rebecca Huesman is pictured after receiving the award with Cathy's family.

Cathy Doetzer Kohlenstein Scholarship

This scholarship is funded by a generous endowment recently established by the family of Cathy Doetzer Kohlenstein, to celebrate her life and to create a legacy for her three sons and future generations.

Ms. Kohlenstein was a graduate of the UD MPT program, and was an outstanding clinician, clinical instructor to many UD students, and advocate for our

profession.

Sadly, in 2002, Cathy was taken from the world far too early after a courageous two year battle with Leukemia.

This scholarship will be presented each year to a 2nd year DPT student to assist with the funding of his or her clinical education expenses. The recipient is chosen based upon his or her future professional goals, how previous and planned clinical education experiences relate to these goals, and how the funds from this generous endowment will enable or enhance their clinical education experience.

The second recipient of the Cathy Doetzer Kohlenstein Scholarship was Rebecca Huesman, who received a check for \$1,000 and the well wishes of Cathy's family.

Charles S. Barker, Sr. Scholarship

This award is given to a second year student who has successfully balanced academics and family related responsibilities.



Laurie Magerfleisch, pictured with Frances Barker, is recognized for her ability to balance the rigors of the DPT program and

If you are interested in supporting a DPT scholarship please contact Dr. Stuart Binder-Macleod at sbinder@udel.edu.

UDPT Happenings

Physical Therapy Professor is designated a Catherine Worthingham Fellow

John Scholz, Professor in the Department of Physical Therapy at the University of Delaware, has been elected a Catherine Worthingham Fellow of the American Physical Therapy Association (APTA). He is the fourth UD professor to achieve this status, the APTA's highest honor, in the past seven years.

Scholz's research is directed toward understanding the control and coordination of movement in healthy people as well as in patients with movement dysfunction, particularly individuals with stroke. His work examines how the brain controls functional movements, motor learning and movement coordination, and he has developed novel treatment approaches that combine robotics, electrical stimulation and motor learning to help stroke survivors recover lost function.

The APTA cited Scholz as "a highly regarded movement scientist renowned for his ability to take complex theoretical concepts of motor control and apply them to the understanding and treatment of neurologic problems."

The association also credited him with developing a classic, frequently cited paper on application of the concepts of dynamical systems theory—an area of applied mathe-

tics used to describe the behavior of complex systems—to interventions for physical therapy.

A licensed physical therapist in Delaware and Pennsylvania, Scholz earned his doctorate in experimental psychology and motor control at the University of Connecticut. He joined the UD faculty in 1988.

Three other UD faculty members—Stuart Binder-Macleod, Lynn Snyder-Mackler and Irene Davis—have been elected Catherine Worthingham Fellows since 2003.

"This is truly a tribute to the quality of our PT program that four of our faculty have been recognized with this prestigious award during the past several years," said Kathleen Matt, Dean of the College of Health Sciences. "Our faculty are making major contributions through patient-focused research that is immediately translated into practice at our clinics."

Catherine Worthingham was a change agent who was effective, respectful and honest, and motivated others to make an impact within the physical therapy profession. She was also a visionary who demonstrated leadership across the domains of advocacy, education, practice and research.

The purpose of the Catherine Worthingham

Fellow designation (FAPTA) is to honor Worthingham and inspire all physical therapists to attain the high level of professional excellence and impact in terms of advancing the profession she exemplified.

The FAPTA designation is the highest honor among APTA's membership categories.

Criteria for selection include demonstrated excellence in advocacy, education, practice, or research; national recognition by APTA members and leaders outside the physical therapy profession; and frequent and sustained contributions over a period of at least 15 years.

As appeared in: UDaily article: Article by Diane Kukich, photo by Kathy F. Atkinson



UDPT Ranked #2 in the Nation!

U.S. News and World Report's 2013 edition of Best Graduate Schools

The University of Delaware's Department of Physical Therapy is ranked second in the nation.

The edition was released March 13 to a very proud Faculty, Staff and student body. UDPT is especially proud being one of the smallest top ranked programs in the nation to receive such an esteemed ranking.

For this 2013 guide, *U.S. News and World Report* analyzed more than 1,200 graduate programs in all disciplines. The rankings are based on opinions about program excellence

and statistical indicators that measure the quality of faculty, research and students.

To observe all the rankings online at *US-News.com* and they will be published in a print guidebook available April 3.

As Adapted from UD Daily

Outstanding Alumni Receives Alumni Award from President Harker



for Outstanding Achievement from UD

John Knarr, owner and Physical Therapist with Elite Physical Therapy in Rehoboth Beach, Delaware and founding Director of the UD Physical Therapy clinic received the Presidential Citation

President Harker. He is among seven other UD Alumni who were recognized for their dedication to service and their extraordinary achievements. This prestigious award has been given to a total of 219 Alumni representing all seven colleges at the University.

John Knarr, PT class of 1990, has had an impressive career in Athletic Training and Physical

Therapy, having worked all around the country at several Universities, with celebrities and professional athletes, and began several out-patient practices in California, Delaware and right here at UD. He marks his experience as the founding Director of the University of Delaware Physical Therapy Clinic a rewarding and educational one that confirms his lifelong dedication to clinical education.

FEATURED ALUMNI and COMMUNITY SERVICE

Jessalyn Ciampa, PT, DPT, GCS, NCS-Recipient of the 2011 Alumni Award



Jessalyn Ciampa accepting the Alumni Award from Dr. Stuart Binder-MacLeod at UDPT Graduation 2011.

Jessalyn Ciampa graduated from the University of Delaware in December 2007 with a doctorate degree in Physical Therapy. After graduation, Jessalyn completed a Geriatric Residency Program through University of Delaware and received her Geriatric Clinical Specialty Degree in 2009. For the past 3 years, Jessalyn has worked at Johns Hopkins Hospital in Baltimore, Maryland. She treats a variety of adult patients with diagnoses ranging from medically complex to the neurology population in the Acute Inpatient Rehab setting. Jessalyn's passion in treating the neurologically impaired population

prompted her to pursue a Neurology Clinical Specialty Degree in 2011. In addition to being a clinician, Jessalyn has presented Rounds at University of Delaware as well as given lectures for Physical Medicine and Rehabilitation Medical Residents at Johns Hopkins.

With the support of University of Delaware, Jessalyn implemented and developed a Neurology Physical Therapy Residency Program which partners Johns Hopkins Hospital and University of Delaware. The residency program combines the excellent neurologic clinical exposure found at Johns Hop-

kins Hospital with the teaching, research and mentorship opportunities at University of Delaware. The inaugural resident candidate started in July 2011 and the program is awaiting a site visit and credentialing from the APTA. With the assistance of Grace Keenan, PT, DPT, GCS, NCS and co-director of the program, the residency faculty will be interviewing the next round of applicants in the spring and looking forward to the program's growth!

Congratulations to the following UD Alumni who received American Board of Physical Therapy Specialist (ABPTS) Certifications this year:

Pediatric Physical Therapy

Michelle Mezner, PT, MPT, PCS (1993)
Rachel Perlman, PT, MPT, PCS (2006)
Rachel Williams, PT, DPT, PCS (2008)

Neurological Physical Therapy

Julie Sinkosky Brown, PT, DPT, NCS (2008)
Jessalyn Ciampa, PT, DPT, GCS, NCS (2007)
Grace Keenan, PT, DPT, GCS, NCS (2006)

Manual Therapy Fellowship

Kristen BlazewiczMandl (1999)

Orthopaedic Physical Therapy

Anthony Carroll, PT, DPT, OCS, CSCS (2010)
Yuchin Chang, PT, DPT, OCS (2005)
Nick DeBlasio, PT, DPT, OCS, CSCS (2006)
Marty Fontenot, PT, DPT, OCS, SCS (2006)
Tara Fontenot, PT, DPT, OCS, ATC (2006)
Lauren Grieder, PT, DPT, OCS (2007)
Meredith Perney, PT, DPT, OCS (2007)

Residency Completion

Ross Haley, PT, DPT, GCS (2009) UD Geri Residency
Anthony Carroll, PT, DPT, OCS, CSCS (2009) UD Ortho Residency

2011 Community Service

Over the past year both DPT classes have continued UDPT's tradition of community service and were involved in a number of community service opportunities

- Ran a 5K race for Scott Mackler to benefit the ALS Foundation
- Staffed Glasgow Community Day booth to provide education about PT
- Volunteered to work with many patients as service learning projects
- Performed fitness tests at West Park Elementary Fitness Night



Students volunteer to help a local with a Spinal Cord Injury to exercise

- Gave massages to runners in the 38th Annual Turkey Trot in Newark Delaware
- Volunteered at Exceptional Care for Children
- Scheduled massages at the Brain Association of DE Conference at Dover Downs
- Screen members of the community with MS to identify impairments and need for further evaluation at the UD MS Clinic
- Volunteered at the MS Walk
- Provided information to local residents about the benefits of PT at Newark Community Day

DPT STUDENT NEWS

Class of 2012 Written by Daniel Goldstein, SPT

As the temperatures in Delaware begin to rise, it is easy for the Class of 2012 to look back on the past year and see how far we have come. We also realize how little time we have left on campus in our home in 333 McKinly Lab. The class of 2012 is halfway through our final full semester on campus, learning how to apply our didactic knowledge to a pediatric population, learning the administrative aspects of the profession of Physical Therapy, and delving deeper into the evaluation and treatment of spine. Many of our classmates are also only weeks away from completing their final Integrated Clinical Experience in either Sports and Orthopedics, Neurologic and Older Adult, or Pediatrics.

The past year has also been a time of many memorable moments for the class of 2012. Members of our class have been in attendance at multiple conferences, including Annual Conference in National Harbor Maryland and Combined Sections Meeting in Chicago. The class of 2012 was also proud to host an annual Clinical Instructor credentialing course. Finally our class is proud to

report that four of our classmates, Daniel Arnold, Kerry Cheadle, Maria Mezzadri, and Mark Szaroleta, have the honor of announcing their engagements! We wish them all lifetimes full of happiness and love.

Our time at UDPT is coming to a close, but not before we enjoy our final PT Prom at Cavalier Country Club this April, Advanced Seminar, our final three full-time affiliations, and ultimately the light at the end of the tunnel, graduation in January 2013! We wish the Class of 2011 good luck in their first year as DPTs, the Class of 2013 in their second year of PT school, and a warm welcome to the Class of 2014!

**Daniel Goldstein, President UDPT
Class of 2012**



Above: 2nd Years enjoy family dinner during Ortho Class. Below: 2nd Year Officers accepting award of Merit for Marquette Challenge



Class of 2013 Written by Danielle Cherry, SPT

The UDPT Class of 2013 is happy to welcome a new Spring season as well as the new University of Delaware Physical Therapy Class of 2014! The next round of "1st year" students will begin classes in the upcoming summer, while our class will be starting our first full-time affiliations in either an acute care or orthopedic setting.

This semester we have taken on a challenging and exciting course load including Clinical Neuroscience, Applied Physiology II, Electrotherapy, and Research Methods. Many of the classes' contents have been directly applied as clinical basis for our classmates in their first Integrated Clinical Experience (ICE) this spring in either Sports and Orthopedics or Neurologic and Older Adults. While balancing a full course load as well as 6 hours of active patient treatment time per week can be difficult, the experience has been exceptionally valuable and has taught our peers in clinic many important lessons that could not have been taught in a strictly classroom curriculum.

Many of us are also gearing up to travel to Tampa, Florida in the beginning of June for the APTA Annual Conference. After several of our classmates returned from

Chicago having attended the APTA Combined Sections Meeting with a renewed passion for the profession, our class couldn't wait for another opportunity to experience the profession through a national APTA conference.

Lastly, the Class of 2013 would like to congratulate the University of Delaware Physical Therapy Program on achieving the #2 ranking on US World & News Report of top PT

programs in the nation! We are so proud of our colleagues; faculty and staff for all of their hard work to have earned this title, and are absolutely honored to be a part of such an incredible program!

**Danielle Cherry, President UDPT
Class of 2013**



ALUMNI UPDATES

Alumni News

Congratulations to all of our graduates for their personal and professional accomplishments!

Class of 1977

Susan Wood Cecere was elected as Vice President of the Section on Pediatrics in November 2011. In February she received the Susan Effgen Advocacy Award from the Section on Pediatrics at the business meeting at CSM 2012. She has also been traveling to other school districts giving workshops on school practice which has been great fun! She is still living in Annapolis; and her husband Mike and she are enjoying their empty nest!

Class of 1978

Kathryn Kassai has just published *The Bathroom Key: Put an End to Incontinence*.

Class of 1987

Ann D. Dennison has been named to the 2012 Central Pennsylvania Business Journal's list of Women of Influence.

Class of 1997

Kristin Noel (Klingebiel) Byrne returned to home health PT last summer after a 4 year hiatus of being a stay at home mom. She continues to do it part time in the Boulder, CO region. She also has been occasionally seeing clients in her home office and doing a mixture of PT and Rolfing. She has been taking craniosacral Therapy classes in hopes of receiving a certification. Her son turned 5 on March 13th



and he will start kindergarten in the fall. She continues to enjoy cycling and mountain biking when she gets the time and she has been

taking acoustic guitar lessons with a local musician. They do a lot of camping in the summer. They have added a beautiful Golden Retriever puppy to their family this fall. She is a niece of our beloved Golden, Quincy who passed away in October. She is now almost 6 months old and is on her way towards being an excellent therapy dog!

Class of 1998

Jim Griesi, his wife, Nanette (another PT!),

and their children, Kyle (8), Mitch (7) and Julia (4) are living in Chesapeake, VA (not far from VA beach and the Outer Banks). He is currently serving as the Administrative Director of Operations for Bon Secours Physical Rehab Services-Virginia. He also serves as a Director for Physical Therapy sites in Richmond and the Hampton Roads area. (bonsecoursinmotion.com or Bonsecoursphysicaltherapy.com). In Dec 2011 he graduated with an MBA through Regent University. In his spare time he loves to run half marathons, coach my kids soccer/b-ball/t-ball teams and get outdoors. He invites his fellow alumni to email or call if they are ever in the area! And wishes everyone the best!

Michael Latsch's family has just welcomed their first baby girl after three boys (age 8, 6, & 3). Both the baby and her mother are doing well. Also after spending the past 8 years in outpatient Michael switched to home care with Christiana Care VNA in Oct 2001 to provide him the time for family bonding.

Class of 1999

Amy Lisa Spiegel published her third book *At Eye Level* with PublishAmerica. It is available on Amazon along with her first two publications, *Between Closed Curtains and Passion*, *Patience*, and *a Sense of Humor*.

Kristen Marie (Blazewicz) Mandl completed a manual therapy program and fellowship with the American Academy of Orthopaedic Manual Physical Therapy in the fall of 2011

Class of 2000

Bryan Fean started a "Medicare B" home based PT practice in 2010 called Fean Physical Therapy. He treats patients in their homes in New Castle County, DE and southern Delaware County, PA."

Amrita Singh and her husband Binesh Patel are excited to announce the birth of their first child— Simreen Kaur Patel.

Class of 2003

Euijin Tockgo is currently working at Select Specialty Hospital (LTAC) and working home care as PRN.

Class of 2004

Michelle Lynn Stack Andes married Guy Andes on November 19th, 2011 in Annapolis, MD.

Class of 2005

After serving as Clinic Director for performing Arts Physical Therapy in Manhattan, specializing in dance medicine for the Broadway Community for the past 6.5 years, Kimberly Shemer recently moved on. She traveled through South East Asia for Frb and Mar, and she has just returned to NYC to begin her own manual therapy PT practice and Pilates practice.

Michael Voltz's family is excited to announce the arrival of their first baby in July.

Amy (Evertz) Robinson's family celebrated the birth of their son, Michael Robinson, on Feb 4, 2012.

Class of 2006

Angela Hutchinson Smith and her husband Tom welcomed their son Owen Barber to the world on November 8th, 2011



Billy Thompson and his wife Lindsay moved to NC, where he took a position at UNC. Our son Kellen just turned 2 and he is an incredible joy to us both.

Megan E. Montalvo and Steve Montalvo welcomed their second daughter, Kayla Rose, this past Aug. She joins sister Ava who is now 2 years old.

Class of 2008

Elizabeth Cook Henninger and her husband, David, welcomed the birth of their first child, Luke Samuel Henninger, on November 30, 2011. Luke was 8 lbs 8 ounces and 21.5 inches long at birth. He is now 3 months old and a very happy and healthy little boy.



Ari Kaplan has passed the Certification Exam for Mechanical Diagnosis Therapy from McKenzie Institute; in the last half of a sports residency through Evidence in Motion and Rocky Mountain University

YOU'RE INVITED!



UNIVERSITY OF DELAWARE. | College of Health Sciences

Second Annual Gala

a view into the future of healthcare

Friday, May 11, 2012
6:00 to 10:00 p.m.

Register today at www.udel.edu/chs/gala

The new **Science, Technology, and Advanced Research Campus (STAR)** is being built on the site of the former Chrysler plant. This campus is designed to provide clinical services and diagnostics, physical therapy, nutritional counseling, behavioral health, exercise and athletic training and opportunities to participate in research to the community. The College of Health Sciences will be holding its 2nd Annual Fundraising Gala to support the effort of creating this facility designed to integrate a healthy life and work environment. The evening will include a silent auction and all proceeds will go to support the building of this impressive facility. Please consider attending and supporting this great cause. For more information and to register for this event refer to: <http://www.udel.edu/chs/gala/index.html>.



Depictions of the successful 1st Annual Gala.

DEPARTMENT NEWS

NIH MERIT Award Winning Professor

“The NIH MERIT Award signifies that the awardee’s work is so impactful and of such significance that longer, more sustained funding is warranted,” says UD provost Tom Apple. “This is a rare award and a sign that Lynn is one of the superstars in her field.”

Snyder-Mackler’s work has focused on knee, shoulder, and spine rehabilitation, but she is perhaps best known for her work on anterior cruciate ligament (ACL) injuries.

Most recently, she has teamed with researchers and clinicians at Oslo University Hospital in Norway in the development of a screening procedure to provide clinicians with treatment options that may improve function after ACL injury and reconstruction.

Snyder-Mackler emphasizes that those options include non-surgical alternatives.

As an example, she cites a high school soccer player who tears his ACL during preseason practice. If he has surgery, the season will be over by the time he has recovered. He’s a senior and doesn’t plan to continue with the sport in college.

“There are considerable social benefits to this athlete playing out his last year and delaying the surgery until the season is over. In fact, he may not even need surgery if he doesn’t plan to do anything but straight-on running in the future,” says Snyder-Mackler.

A delay in surgery enables some people, a group Snyder-Mackler calls *copers*, to regain knee stability simply through neuromuscular training. But which people fall into that category and which are non-copers? Can non-copers become copers—or vice versa—after a regimen of therapy?

Snyder-Mackler’s research team, including co-investigator Dr. Michael Axe, a local orthopedic surgeon, identified

some clinical markers to distinguish between those with good and poor dynamic knee stability during the first five years of this work. However, to test their hypothesis, they needed a cohort of patients with torn ACLs who were not operated on early after injury.

That proved to be difficult in the U.S., but in Norway, no one has reconstructive surgery without first undergoing at least three months of rehabilitation.

“Our work over the past five years with our collaborators in Oslo, Professor May Arna Risberg and orthopedic surgeon Dr. Lars Engebresen, has provided considerable evidence to support our hypothesis that there is a differential response to ACL injury and that this response can be affected by rehabilitation,” Snyder-Mackler says. “It’s also demonstrated that as rehabilitation continues before surgery, stability strategies change. Categories are fluid—non-copers can become more stable, and potential copers can become unstable.”

“Even more important,” she adds, “we’ve found that while surgery introduces *passive* stability, a successful outcome is not guaranteed. Many patients who have undergone surgery achieve normal measures of strength and laxity, or looseness, but still can’t return to competitive sports.”

Snyder-Mackler’s work makes a strong argument for a period of rehabilitation for all ACL patients, but she hopes to do additional studies in what she calls a “waiting list” country, where surgery is delayed for as long as 18 months to two years.

“That could tell us even more about what happens to copers and non-copers over time and what rehabilitation strategies are most effective,” she says. “Ultimately, our goal is to obtain data that will not only guide future research but also have a direct impact on clinician and patient decision making.”

Stuart Binder-MacLeod, Chair of the UD Department of Physical Therapy, points out that Snyder-Mackler is among a very small group of clinical researchers to be recognized with the NIH MERIT Award.

“This shows very clearly the importance and impact of her work,” he says. “Her research has been rated very highly not only by her peers but also by the next level—the National Advisory Child Health and Human Development Council—and they have placed her among the most outstanding scientists supported by the institute.”

As Appeared in UD Daily: Article by Diane Kukich, photo by Ambre Alexander

UD’s Lynn Snyder-Mackler has received a prestigious NIH MERIT Award for her research on ACL rehabilitation.



DEPARTMENT NEWS



Update on the move to the Chrysler Plant

The Department is very excited about our anticipated move the STAR Campus. Nothing is official, but we have preliminary reports that the University Board of Trustees may make an announcement following their spring meeting and that we can anticipate a move as early as the fall of 2013. The entire De-

partment, including all teaching, research, and clinical facilities will move to the new site. We anticipate that this move will allow us to grow our DPT class size as well as our research and clinical programs. We will certainly miss McKinly Lab, but we are looking forward to having more space for our students,

faculty, and staff to excel.

Once again, the College of Health Science is sponsoring a Gala to raise funds to support the development of the STAR campus. If you are interested in helping the Department or College in any way, please do not hesitate to contact me.

Written by
Dr. Stuart Binder-Macleod,
Chair of the Physical Therapy
Department

Update from the Chair on the anticipated move of the Department of Physical Therapy to the STAR campus on the former Chrysler site.



Please join us for several special events we are holding for the University of Delaware Physical Therapy Alumni during University of Delaware's Alumni Weekend this year. We have several exciting opportunities planned for you to get together with old friends, renew certifications or meet new colleagues from previous and upcoming classes. A chance to network or to reminisce in one of our last years at McKinly Lab before the big move to the Science, Technology, and Advanced Research Campus (STAR), which will be located on the site of the former Chrysler Plant.

For more information or to register visit www.udel.edu/PT

Schedule for UDPT Events for Alumni Weekend:

Friday: Physical Therapy Alumni Gathering: Light refreshments served in the clinic with old friends before venturing to Mug Night.- 053 McKinly Lab. 6:30-8pm
Please [RSVP](http://www.udel.edu/PT) if you are able to attend at www.udel.edu/PT

Saturday: Physical Therapy Emergency First Response Recertification 3hrs). UDPT Clinic 053 McKinly. 10am-1pm
CPR Recertification (1 hr) - 10-11am

Register for either event at:

http://www.udel.edu/PT/About%20Us/efr_cert_use.html

Saturday: Physical Therapy: Translating Research Into Practice: A short presentations on how the Departmental research can be translated into everyday clinical practice 333 McKinly Lab. 1-3pm.



Dear Alumni,

We thank you for your time and contributions to making UDPT a tremendous program. We are interested in forming an Alumni Association to better fulfill your needs and the needs of alumni to come. We will be sending a survey via email to obtain your input on how you would envision this association. Included in the survey will be questions about your interest in participating in the association, goals/missions of the association, and organized events (i.e. reunions, mentoring programs) . Please keep an eye out for this survey and we look forward to hearing from you!

UD INTEGRATED CLINICAL EXPERIENCE UPDATES

Clinical Services & Sports/Orthopedic (S&O) Update



UD Clinical Services has been busy serving patients with Sports, Orthopedics, and Neurological and Older Adult Physical Therapy services. Our diverse patient population has allowed us to continue to train our students throughout the spectrum of disability and age. Student clinical education continues to be the focus of our mission and Karla Ann Bell, the Associate Director of Orthopedics was recently notified she is the 2012 recipient of the American Physical Therapy Association's Signe Brunstrom Award for Excellent in Clinical Teaching. In addition to this award, Angela Hutchinson Smith, DPT Class of 2006, received her 2nd specialist certification in Sports to add to her Orthopedic distinction and Grace Keenan, DPT Class of 2006, added a Neurological specialist certification to her Vestibu-

lar and Geriatric credentials. In addition to clinical education, the clinic staff is busy writing chapters on topics such as the Use of Modalities in Sports Medicine, ACL rehabilitation and Current Concepts in Knee Rehabilitation in addition to 15 national presentations. Airelle Hunter Giordano, the Associate director of Sports, represented the clinic by presenting at the International conference on Sports Rehabilitation and Trauma in Bologna, Italy.

The UD- Hopkins Neurology Physical Therapy Residency Program in partnership with John Hopkins Medical Center enrolled the first resident this summer. We are awaiting our site visit to secure credentialing from the American Physical Therapy Association. This will be our 4th Residency alongside our current residency programs in Geriatrics, Orthopedics and Sports

Physical Therapy. Both our Orthopedic and Sports Residency programs were re-credentialed this year and Geriatrics will be re-credentialed this coming year. We are moving forward in the development of fellowship programs in Geriatric Orthopedics and Manual Therapy which will begin accepting applications for enrollment in 2013. Anthony Carroll, DPT class of 2010, completed his Orthopedic Residency program at UD followed by a Manual Therapy Fellowship at Kaiser in LA and has returned to UD Clinical Services to join our fellowship initiatives.

Our staff and students had a unique opportunity to evaluate and develop an injury prevention/stretching program at DOW chemical in Newark. The students evaluated job positions and developed stretching programs based on job specific tasks observed. They were able to experience donning safety equipment and full suits for the "clean room" as well as interact with the employees to accurately understand their job demands. Our recently graduated orthopedic resident and now staff PT Anna Shovestul, DPT Class of 2010, was instrumental in the administration of this project in conjunction with the Ortho Residency director Karla Bell. It was a very positive and exciting opportunity for our students to provide a service and interact with the community.

This has been an exciting family time in UD PT clinical services. We welcomed 2 new bundles of joy this year. Angela Hutchinson Smith and her husband Tom welcomed their new baby boy Owen in November followed by Airelle Hunter Giordano who gave birth to son Matteo in February joining big sister Giada and dad Joe(Gio). Megan Sions married Perry this Fall and will complete her PhD this summer while Grace Keenan will marry Ryan this June. A special thanks to our Sports Residency graduate Kurt Gegenbacher and Orthopedic Residency graduate Anna Shovestul who stayed to help us through our maternity leaves!

We will be hosting a cocktail party in the clinic on Friday night June 1st, 2012 6:30-8:00PM before Mug Night at the UD Alumni Weekend. This will be a great weekend and we hope many alumni will be able to join us for the fun. Please stop by then or whenever you are in town to say hello and re-live your clinical experiences!!!!

Written by **Tara Jo Manal, PT, DPT, OCS, SCS Director of Clinical Services**

Pediatric Clinic

Over the past year the Pediatric Clinic has provided services to many children and their families. Patient populations include children with cerebral palsy, spina bifida, idiopathic toe walking, torticollis, and developmental delay. Families and their children are provided services in a family friendly atmosphere and are encouraged to be active par-

ticipants in their child's therapy from evaluation through discharge planning. Opportunities for participation in research with Dr. Cole Galloway's Early Infant Mobility Project as well as clinical education for 2nd year DPT students during their pediatric integrated clinical experience continues to

be offered through the pediatric clinic. If you have any questions about the pediatric clinic please feel free to contact us at [\(302\) 831-8893](tel:3028318893).

Written by **Tracy Stoner, PT, DPT, PCS Pediatric Physical Therapist**



Tracy Stoner works with Will on improving his standing skills while battling villains and bad guys!

UD INTEGRATED CLINICAL EXPERIENCE UPDATES

Multiple Sclerosis Assessment Clinic

The University of Delaware MS Assessment Clinic continues to provide free, multi-disciplinary evaluations to persons battling Multiple Sclerosis. After performing a complete neurological and musculoskeletal evaluation, second-year Physical Therapy students provide each

participant with an individualized home program. The clinic welcomes referrals from community practitioners who have patients/clients who would benefit from participating in the clinic. If you have a client who has MS and would benefit

from participation in the MS Assessment Clinic, please have them contact the MS Society at [302-655-5610 x114](tel:302-655-5610)

Written by
Cathy Ciolek, PT, DPT, GCS



Students help to evaluate need for further PT services.

Neurologic and Older Adult (NOA) Clinic

The NOA Clinic continues to train our students and serve the Delaware community for patients with neurologic or geriatric based impairments. In particular we now offer "BIG" physical therapy

intervention program for people with Parkinson's Disease with a certified LSVT BIG therapist. UDPT also continues with 2 residency training programs, one in Neurology and Geriatrics. Our Journal

Club continues to meet on the third Tuesday of every month now at 7:30 am. Articles are posted on the UDPT website under clinical services/journal clubs.

Written by
Cathy Ciolek, PT, DPT, GCS

Introducing the new Neurological Clinical Residency

As Physical Therapy grows and evolves as a profession, more and more clinicians are becoming board certified specialists in specific areas of practice. The ABPTS, American Board of Physical Therapy Specialists, awards certifications that signify a clinician has gained a greater understanding and background in a specific area. This involves the completion of a set amount of direct patient treatment hours within a particular area, additional didactic course work and the completion of a specialty exam. Often Clinician's decide to complete a Clinical Residency to prepare themselves for these exams. The University of Delaware offers several clinical residencies in the areas of Sports, Orthopedics, Geriatrics, and now it's most recent addition: a Neurology Physical Therapy Residency. Last July the first neurology residency was initiated by the partnership of the University of Delaware Physical Therapy

Program and Johns Hopkins Medical Center in Baltimore.

This exciting new program offers professional mentorship, neurological focused patient care at one of the most prestigious hospitals in the country, advanced coursework, opportunities to engage in research in the field, and experience teaching as a clinical instructor and a teaching assistant to Delaware Physical Therapy students. Additionally residents are provided the opportunity to make presentations at both locations and in national settings.

Pam Ressler, recent graduate of George Washington Physical Therapy program, became the first to break in this brand new program. She believes this has been an incredible experience thus far giving her a vast variety of opportunities. She has been able to treat the very

complex, neurological patients at Johns Hopkins that have pushed her entry level skills to a new level. She feels that the mentorship throughout this experience has really helped her to develop her skills and clinical problem solving. She finds herself very fortunate to have regularly scheduled mentorship sessions to help bounce her ideas off of persons with a great deal of experience and specializations in this area. She credits them for helping to develop her clinical decision making to reflect the "most important" areas of focus for her patients so they can return to functional life as soon as possible.

She has been given the opportunity to work with Dr. Darcy Reisman on her neurological based research. She has been able to assist students through their learning process while treating patients in the NOA clinic as well as treating stroke patients in the

Neurological Evaluation and Treatment Course. She has had many opportunities that first year DPT Graduates are usually not afforded.

She recognizes some of the challenges with residency life style, as after a full day of work she must continue on with other educational pursuits whether they be attending lectures or doing research for journal club presentations. Despite its demands she really feels that at the end of the day she is much better prepared to treat patients with this experience. She states she has loved everything that she has done in the residency program and how enriching the range of experiences has been. And now she faces her biggest challenge of all, settling on an area to work following completion of her program.

2011 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 and recorded throughout the 2011 calendar year.

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 any discrepancies. For information on how to make a contribution, please contact Cyndi Haley with the Physical Therapy Department at chaley@udel.edu or call 302-831-4576.



Thank You!!!

Ms. Randee Allen	Mrs. Ginger Fisher	Mrs. Carol Owens
Mrs. Karen Awenowicz	Mr. Peter and Mrs. Aimee Greenbaum	Mr. Dexter and Mrs. Aida Pasternak
Mr. George and Mrs. Jacqueline Barrett	Ms. Adriene Greenfield	Mrs. Barbara Pizzutillo
Mr. Todd and Mrs. Katie Ballinger	Mrs. Charlene Goggin	Mrs. Maria Poltorak
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Interested in making a donation for the 2012 year?

For all donors: If you would like to make a gift in support of our program, you may do so online by going to www.udel.edu/makeagift and please consider designating your donation to the **Physical Therapy Department**. To make a pledge, pay by credit card or mail in a check after filling out the form online. Your financial support provides many opportunities for students to benefit from a quality education. For further information, please contact www.udel.edu/makeagift or call the Office of Annual Giving on 302-831-4654.

How Can You Help Advance Physical Therapy Research?

The UDPT program is currently recruiting individuals to participate in treatment interventions funded by the National Institutes of Health.

Current research is focusing on:

Stroke

Low Back pain

Cerebral Palsy

Total Knee Replacement

Knee Osteoarthritis

We value your ongoing support of the UDPT department.

The UDPT program strives to produce evidence-based practice through innovative research. As alumni, I hope that you all continue to value the influence that research has on how you treat your patients

If you have patients who are willing to participate in our research and want to learn more, please contact Martha Callahan (mcall@udel.edu or 302-831-6202). Studies are free of charge and some studies offer monetary compensation for those who qualify.

FACULTY: AWARDS & DEGREES CONFERRED AS WELL AS GRANTS & PUBLICATIONS IN 2012

Research Faculty



STUART BINDER-MACLEOD, PT, PhD, FAPTA, (Medical College of Virginia), Edward L. Ratledge Professor and Chair of Physical Therapy: Effects of electrical stimulation parameters on muscle performance.

Laboratory Overview

The main focus of Dr. Binder-Macleod's laboratory is the translation of basic science discoveries in the activation of human skeletal muscles with electrical stimulation to the rehabilitation of individuals with CNS dysfunction. Dr. Binder-Macleod's laboratory is currently involved in a number of exciting collaborations involving the improvement of walking function in individuals following a stroke and improving participation in kids with cerebral palsy. Dr. Binder-Macleod's laboratory continues to attract research and product development funding from NIH and other sources.

Publications

Sions JM, Tyrell CM, Knarr BA, Jancosko A, Binder-Macleod SA. Age- and Stroke-Related Muscle Skeletal Changes: A Review for the Geriatric Clinician. *Journal of Geriatric Physical Therapy*; Nov 20, 2011

Hakansson NA, Kesar T, Reisman D, Binder-Macleod S, Higginson JS. Effects of fast functional electrical stimulation gait training on mechanical recovery in poststroke gait. *Artif Organs*. 35(3):217-20, 2011.

Sions JM, Malecka C, Knarr B, Jancosko A, Binder-Macleod SA. The Cumulative Impact of a Neurological Insult and Aging on Skeletal Muscle Function: Considerations for the Treating Therapist. *Journal of Geriatric Physical Therapy* (In Revision) March 2011.

Kesar TM, Reisman DS, Perumal R, Jancosko AM, Higginson JS, Rudolph KS, Binder-Macleod SA. Combined effects of fast treadmill walk-

ing and functional electrical stimulation on post-stroke gait. *Gait Posture*. 33(2):309-13, 2011

Kesar TM, Binder-Macleod SA, Hicks GE, Reisman DS. Minimal detectable change for gait variables collected during treadmill walking in individuals post-stroke. *Gait Posture*. 33(2):314-7, 2011.

Grants

Delaware Health Sciences Alliance (PI: Binder-Macleod) 11/10– (18 mo) Pilot Grant Award—Relationships Between Cortical Motor Organization and Response to Exercise Interventions in Children with Cerebral Palsy. (\$75,000)

NIH 1R01NR010786 (PI: Binder-Macleod) 9/12/07 - 5/31/12 Fast Treadmill Training/Functional Electrical Stimulation to Improve Walking. \$2,800,000

NIH P20 RR1658 (PI: Buchanan) 6/1/07 - 5/31/12. Center for Biomedical Research Excellence (COBRE) for Women in Science and Engineering on Osteoarthritis. Role: Co-investigator. \$2,100,000 direct/year

NIH R01 PAR-060459 8/15/08 - 7/31/13: ~\$400,000 direct/year Robotic Exoskeletons, FES, and Biomechanics: Treating Movement Disorders. Role: Co-investigator.

NIH R01-NS055383 (PI: Higginson): 4/1/08 - 11/30/12 Muscle Morphology, Strength and Compensatory Strategies Following Stroke. Role: Co-investigator.

NIH T32-NCMRR 05/10- Training Grant—PT/PhD Predoctoral Training Program.

NIH K12-HD055935 (PI: Mueller) 9/15/07 - 8/31/12: \$4,800,000 Multicenter Career Development Program for Physical and Occupational Therapists. Role: Program Director.

Awards, Degrees, Grants & Publications continued

Award

APTA Section on Research's John H.P. Maley Award for Outstanding Contributions to Leadership in Research, 2010

Presentations

Kesar TM, Binder-Macleod SA, Reisman DS. Training Characteristics Influence the Magnitude of Motor Learning during Post-Stroke Gait Rehabilitation. Neural Control of Movement (NCM) Society Conference, Puerto Rico, 2011.

Kesar T. M., Reisman D.S., Roos M, Perumal R, Farquhar W.B., Binder-Macleod S. Novel locomotor training improves gait performance, activity, and participation in individuals with chronic stroke. Combined Sections Meeting of the American Physical Therapy Association, February, 2011.

Danks K, Roos M, Reisman DS, Binder-Macleod S. Determining an optimal duration of locomotor training to maximize functional improvements post stroke. Combined Sections Meeting of the American Physical Therapy Association, February, 2011.

Roos, M; Reisman, D; Rudolph, K; Binder-Macleod, S. A Novel Way to Analyze Step Activity in People Post-Stroke. Combined Sections Meeting of the American Physical Therapy Association, February, 2011.



JAMES (COLE) GALLOWAY, PT, PhD, (Arizona), Associate Professor: Development of infant motor behaviors, neuro-motor development of reaching and novel early interventions for infants under 6 months.

Laboratory Overview

Current projects in the Infant Behavior Lab include Brain-Behavior relationships in infants born preterm (Michele Lobo, PT, PhD project leader), Babies Driving Robots and Babies Driving Racecars (pediatric power mobility, Hsiang han Huang, ScD, OT and Christina Ragonesi projects leaders), Clinical Assessment of Pediatric Movement and Behavior using Kinect System (Melynda Schreiber, project leader), Pediatric Upper Extremity Exoskeleton (Elena Kokkoni, project leader) and Advanced Body Weight Support Development.

Publications

CHEN, X, RAGONESI, C, GALLOWAY JC, AGRAWAL, S K (2011) Training Toddlers Seated on Mobile Robots to Drive Indoors Amidst Obstacles. *IEEE Transactions on Neural Systems and Rehabilitation Engineering*. 19: 271-279

BHAT A, GALLOWAY JC, LANDRA B (2011). Current perspectives on motor functioning in infants and children with autism spectrum disorders. *Physical Therapy* 91.

SCHOEPFLIN Z R, CHEN X, RAGONESI C, GALLOWAY JC, AGRAWAL S K (2011) Design of a Novel Mobility Device Controlled by the Feet Motion of a Standing Child - A Feasibility Study, *Medical and Biological Engineering and Computing*.

RAGONESI C, CHEN X, AGRAWAL S, GALLOWAY JC (accepted) Power Mobility and Socialization in Preschool 2: A Follow-up Case Study of a Child With Cerebral Palsy *Pediatric Physical Therapy*.

Grants

12/01/07-11/30/12 *Motor learning and coordination in high risk infants*. NIH NICHD 1R01HD051748, Role: PI (12%, 1PM academic, 50%, 1.5PM summer) \$756,563 direct funds

07/01/08-6/30/10 (approved for additional no-cost extension to

06/30/12) *Robot Enhanced Mobility: The Capacity for Young Infants to Learn Real World Navigation, and Its Effect on Perception, Action and Cognition Development*. National Science Foundation: Developmental and Learning Sciences Program 0745833 Role: PI (33% summer, 1PM) \$324,910 direct

07/01/09-6/30/11 (approved for no-cost extension to 06/30/12) *Babies Driving Robots: Robot Assisted Infant Mobility*. NIH NICHD 1 R21 HD058937. Role: PI (20%, 1PM academic)\$320,427 direct funds



GREGORY HICKS, PT, MPT, PhD (University of Pittsburgh), Assistant Professor: Interventions for low back pain, rehabilitation strategies focused on trunk muscle function, and understanding factors that impact body composition and physical function in older adults.

Laboratory Overview

Dr. Hick's lab primarily focuses on the goal of improving physical function in older adults with musculoskeletal conditions. This line of work has organically evolved to focus on two specific populations: older adults with low back pain (LBP) and older adults who have sustained a hip fracture. Ongoing projects in Dr. Hick's lab focus on understanding the course and consequence of low back pain in older adults with an eye towards developing interventions specific to this population.

Publications

Sions JM, Hicks GE. Fear avoidance beliefs are associated with disability in older American adults with low back pain. *Phys Ther*. 2011 Apr;91(4):525-34. Epub 2011 Feb 24. PMID:21350033

Shardell M, Alley D, Hicks GE, El-Kamary SS, Miller RR, Semba RD, Ferrucci L. Low-serum carotenoid concentrations and carotenoid interactions predict mortality in US adults: the Third National Health and Nutrition Examination Survey. *Nutrition Research* 2011 Mar;31(3):178-89. PMID: 21481711

D'Adamo CR, Shardell MD, Hicks GE, Orwig DL, Hochberg MC, Semba RD, Yu-Yahiro, JA, Ferrucci L, Magaziner J, Miller RR. Serum vitamin E concentrations among highly-functioning hip fracture patients are higher than in non-fracture controls. *Nutrition Research* 2011 Mar;31(3):205-14. PMID: 21481714

D'Adamo CR, Miller RR, Hicks GE, Orwig DL, Hochberg MC, Semba RD, Yu-Yahiro, JA, Ferrucci L, Magaziner J, Shardell MD. Serum vitamin E concentrations and recovery of physical function during the year after hip fracture. *J Gerontol A Biol Sci Med Sci*. 2011 Apr 12. [Epub ahead of print] PMID: 21486921

Hicks GE. Invited Commentary on "Low inter-rater reliability of examiners performing the prone instability test, a clinical test for lumbar shear instability." *Arch Phys Med Rehabil*. 2011 Jun; 92(6):920-2. PMID: 21621669.

Hicks GE, Shardell MD, Alley DE, Miller RR, Bandinelli S, Guralnik JM, Lauretani F, Simonsick EM, Ferrucci L. Absolute strength and loss of strength as predictors of mobility decline in older adults: The InCHI-ANTI study. *J Gerontol A Biol Sci Med Sci*. 2011 May 5. [Epub ahead of print]. PMID: 21546582

Hicks GE, Benvenuti B, Fiaschi V, Lombardi B, Segenni L, Stuart M, Pretzer-Aboff I, Gianfranco G, Macchi C. Adherence to a community-based exercise program is a strong predictor of improved back pain status in older adults: An observational study. *Clin J Pain*. 2011 Jul 11. [Epub ahead of print] PMID:21750458

Awards, Degrees, Grants & Publications continued

Alley DE, Hicks GE (Alternate Corresponding Author), Shardell MD, Hawkes W, Miller RR, Craik RL, Mangione KK, Orwig DL, Hochberg MC, Resnick B, Magaziner J. Meaningful improvement in gait speed in hip fracture recovery. *J Amer Geriatr Soc*. 2011 Sep;59(9):1650-7. PMID: 21883109

Katzman W, Cawthon P, Hicks GE, Vittinghoff E, Shepherd J, Cauley JA, Harris TB, Simonsick EM, Strotmeyer E, Womak C, Kado DM. The relationship between spinal muscle composition and prevalence of hyperkyphosis in healthy community-dwelling older men and women. *J Gerontol A Biol Sci Med Sci*. 2012 Feb;67(2):191-5. Epub 2011 Aug 30. PMID: 21878482

Shardell M, Alley DE, Miller RR, Hicks GE, Magaziner J. Comparing reports from hip-fracture patients and their proxies: implications on evaluating sex differences in disability and depressive symptoms. *J Aging Health*. 2012 Jan 4. [Epub ahead of print] PMID: 22210805

Shardell M, D'Adamo C, Alley DE, Miller RR, Hicks GE, Milaneschi Y, Semba RD, Cherubini A, Bandinelli S, Ferrucci L. Serum 25-Hydroxyvitamin D, Transitions between Frailty States, and Mortality among Older Adults: The Invecchiare in Chianti Study. *J Amer Geriatr Soc*. 2012 Jan 27. PMID:22283177

Grants

No number (G. Hicks) 11/08–present University of Delaware, Cross College Cluster in Aging Initiative Research on Aging Grant. \$20,000

Funding to supplement ongoing project "Mechanisms of Disability in Older Adults with Chronic Low Back Pain."

Role on Project: Principal Investigator

No number (G. Hicks) 12/01/10–06/30/12 University of Delaware Research Foundation, Inc. \$45,000; *The Effectiveness of Hip-Focused Treatment for Older Adults with Chronic Low Back Pain*
Role: Principal Investigator

2R01 ARO48212-06 (L. Snyder-Mackler) 12/01/10–11/30/15
0.60 calendar (5%) NIAMS; *Can Neuromuscular Training Alter Movement Patterns?*

Role on Project: Co-Investigator

4R37 AG009901-05 (J. Magaziner), 8/1/11 - 6/30/16, 0.60 calendar

NIA, \$4,781,737 - Direct, \$7,205,844 - Total Cost; *Effects of Multi-Modal Exercise Intervention Post Hip Fracture*

Role on Project: Co-Investigator

Presentations

Hicks GE, Manal TJ, Sions JM and Velasco T. Challenging Ageism in Outpatient Physical Therapy Orthopaedics: Applying Evidence to the Evaluation and Treatment of Older Adults with Low Back Pain. Combined Sections Meeting of the American Physical Therapy Association, February 2011.

Hicks GE. The APA Chronic Back Pain Model: Exploring Factors Associated with Success and Adherence. The Management of Chronicity Conference. Istituto Superiore di Sanita, Rome, Italy October 2011.

Hicks GE. Adapted Physical Activity and Rehabilitation. American Academy of Physical Medicine and Rehabilitation Annual Meeting. Orlando, FL, November 2011.

Hicks GE, Sions JM, Velasco T. Spatiotemporal parameters of gait in older adults with and without chronic low back pain. *Transactions Vol. 36*, Long Beach, CA, 2011 Annual Meeting of the Orthopaedic Research Society.

Hicks GE, Sions JM. Chronic Low Back Pain and Performance-Based Function in Older Adults: A Case-Control Study. *J Orthop Sports Phys Ther* 2011;41(1): A29

Hicks GE, Sions JM, Velasco T. The Relationship between Hip Impairments and Chronic Low Back Pain in Older Adults: A Preliminary Study. *Osteoarthritis and Cartilage Vol. 19 Supplement 1*, Page S214, San Diego, CA, 2011 World Congress on Osteoarthritis.



SAMUEL LEE, PT, PhD (Delaware), Research Assistant Professor: Use of electrical stimulation to activate paralyzed or weakened muscles to improve function of individuals with central nervous system injury.

Laboratory Overview

Dr. Lee's lab is currently focused on two major projects. The first is entitled "Functional Electrical Stimulation Assisted Cycling to improve Fitness and Strength in Children with Cerebral Palsy", and its purpose is to promote fitness, strength, and overall health with an introduction to a form of cycling exercise that could be used both for training and as recreation. The second is entitled "Functional Electrical Stimulation for Reducing Crouch Gait in Cerebral Palsy". This is a new project that will develop and clinically test a feedback controlled FES system for helping individuals with CP and crouch gait to walk more erect and more efficiently. The system and subsequent clinical testing are designed to promote physical fitness and motor learning of efficient walking patterns. Our hope is to develop the work into a larger scale clinical trial at some future time.

Publications

(ABSTRACT) Tokay Harrington A, McRae CG, Lee SCK. The Effects of a Brief, Intensive FES-Assisted Cycling Intervention on Cycling Performance in Adolescents with Spastic Cerebral Palsy: A Case Series. *Ped PT*. 23(1), 96-105, 2011.

Harrington AT, McRae CGA, Lee SCK. Evaluation of functional electrical stimulation to assist cycling for fitness in adolescents with spastic cerebral palsy. Submitted to *International Journal of Pediatrics*, In Press.

Pierce SR, Prosser LA, Lee SC, Lauer RT. "The relationship between spasticity and muscle volume of the knee extensors in children with diplegic cerebral palsy." *Pediatric Physical Therapy*, In Press.

Grants

2012-2015, Shriners Hospitals for Children Grant #71011-PHI: Fes to Improve Crouch Gait in CP. PI - Lee (2012-2015; 4 years direct \$957,718).

2010-2012, Delaware Health Sciences Alliance Pilot Project: Relationships between Cortical Motor Organization and Response to Exercise Interventions in Children with Cerebral Palsy. PI - Binder-MacLeod (Co-investigators Kesar T, Whittenberg GF, Anzioloti K, Miller F, Duff S). \$75,000.

2010-2015, National Institutes of Health. NICHD/NINR: R01HD062588 FES-Assisted Cycling to Improve Fitness and Strength In Children with CP. PI - Lee. \$2,913,039 (5 years direct and indirects).

Presentations

FES-Assisted Cycling To Improve Fitness And Strength In Children With Cerebral Palsy. Kennedy Krieger Institute, Baltimore, MD, January 26th, 2012.

Awards, Degrees, Grants & Publications continued

Tokay Harrington A, McRae CG, Lee SCK. A Comparison of Volitional Effort to Sensory Level and Motor Level Electrical Stimulation for FES-Assisted Cycling in Adolescents with Spastic Cerebral Palsy. 7th Annual Marilyn Gossman Graduate Student Seminar, APTA Combined Sections Meeting, New Orleans, LA, 2011.

Strengthening In Children With CP: Past, Current and Future Work. Shriners Hospitals for Children Pediatric Research Center, Temple University, Philadelphia, PA, January 18th, 2011.

Award

"Researcher of the Month," College of Health Sciences, University of Delaware, January 2012.



DARCY REISMAN, PT, PhD, (Delaware), Research Assistant Professor, Academic Director of Neurologic and Older Adult Clinic: Understanding the mechanisms of movement dysfunction following stroke, as well as how and why different treatments improve this dysfunction.

Laboratory Overview

The Reisman lab continues to be busy investigating recovery from stroke. Two new grants will start in April, one looking at motor learning after stroke and the role of Brain-derived neurotrophic factor in the process of learning and the other examining the use of step activity monitoring in combination with high intensity gait training for improving overall activity post-stroke. We are always looking for PT's who would like to join the lab as PhD students. If you are interested contact Darcy Reisman.

Publications

Altman A, Reisman DS, Higginson J, Davis I. Kinematics Comparison of Split-Belt and Single-Belt Treadmill Walking and the Effects of Accommodation. *Gait & Posture* (2011) doi: 10.1016/j.gaitpost.2011.09.101.

Tyrell CM, Roos MS, Rudolph KS, Reisman DS. Influence of Systematic Increases in Treadmill Walking Speed on Gait Kinematics After Stroke. *Physical Therapy* (2011) 91: 392-403.

Kesar TM, Binder-Macleod SA, Hicks GE, Reisman DS. Minimal detectable change for gait variables collected during treadmill walking in individuals post-stroke. *Gait Posture*, Feb 2011, 33(2): 314-317.

Kesar TM, Reisman DS, Perumal R, Jancosko AM, Higginson JS, Rudolph KS, Binder-Macleod SA. Combined effects of fast treadmill walking and functional electrical stimulation on post-stroke gait. *Gait Posture*, Feb 2011; 33 (2): 309-313.

Hakansson, NA, Kesar T, Reisman D, Binder-Macleod S, Higginson JS. Effects of Fast Functional Electrical Stimulation Gait Training on Mechanical Recovery in Poststroke Gait. *Artificial Organs* 35 (3): 217-220. (2011)

Grants

NIH 1R01NR010786-01 (PI: Binder-Macleod) 9/12/2007-5/31/2012 5% effort, \$2,231,992
Fast Treadmill Training and Functional Electrical Stimulation (FastFES) to Improve Walking Post-stroke

NIH IR01NS05383-01A2 (PI: Jill Higginson) 4/1/08-11/30/12, \$214,461/yr Muscle Morphology, Strength and Compensatory Strategies Following Stroke

5 P20 RR016472-12 Delaware INBRE (PI: Darcy Reisman, Mentor: Stuart Binder-Macleod); 3/1/2012-2/28/2014; \$154,285; Motor Learning After Stroke.

Presentations

Helm E, Kirschner K, Matt KS, Reisman DS. Influence of a single nucleotide polymorphism in the BDNF gene on locomotor learning. Poster Presentation Society for Neuroscience, November, 2011.

Roos M, Reisman DS, Kesar T, Binder-Macleod S. Development and Testing of a Gait Re-training Intervention for Individuals with Post-stroke Hemiparesis. Annual Meeting of the American Physical Therapy Association, June, 2011.

"Physical Therapy for the Person Post-Stroke: From Principles of Neuroplasticity to Cutting Edge Interventions", Pennsylvania Physical Therapy Association Annual Meeting, October, 2011.

"Structuring Clinical Interventions to Maximize Motor Recovery After Stroke and Spinal Cord Injury", New York Physical Therapy Association Annual Meeting, October, 2011.

"APA Impact on Chronic Stroke", The Management of Chronicity: Exploiting the experience of 5-year administration of Adapted Physical Activity, Rome, Italy, October, 2011.



JOHN SCHOLZ, PT, PhD, (Connecticut), Professor: Study of basic processes of motor coordination and control, including movement dysfunction in patients with problems affecting the central nervous system.

Laboratory Overview

The motor control laboratory, under the direction of Dr. Scholz, studies basic problems of human movement coordination, emphasizing the control of reaching tasks and postural control, with a special interest in the recovery of motor function of stroke survivors, including walking ability.

Publications

Hsu W-L, Scholz JP (2011). Motor abundance supports multi-tasking while standing. *Human Movement Science*

Feitas SMSF, Gera G, Scholz JP (2011). Trajectory timing variability of reach trajectories in left versus right hemisphere stroke. *Brain Research*, 1419:19-33.

Mattos D, Park E, Kuhl J, Scholz JP, Latash ML (2011) Unpredictable elbow joint perturbation during reaching results in multijoint motor equivalence. *Journal of Neurophysiology*, 106(3): 1424-36.

Scholz JP, Tseng YW, Dwight T, Lynch J, Martin V, Schöner G (2011) Motor equivalence and self-motion induced by different movement speeds. *Experimental Brain Research*, 209: 319-332.

Grants

National Science Foundation; Title: Multijoint estimation and control of upright posture. Period: June 15, 2010 - June 14, 2012, Role: Principal Investigator; Collaborator: John Jeka, University of Maryland (BCS-0957920).

National Center for Medical Rehabilitation Research. Title: Robotic Exoskeletons, FES, and Biomechanics: Treating Movement Disorders (2R01HD038582-06A1). Role: Investigator on this multi-investigator grant; July 2008 - June 2012; PI: Sunil Agrawal (2R01HD038582-06A1).

National Institutes of Health. Subcontractor. Title: Organization of a simple synergy; PI: Mark Latash, PhD, Department of Kinesiology, The Pennsylvania State University. Grant Period: February 2002-January 2011. (2286-UD-DHHS-5032)

Awards, Degrees, Grants & Publications continued

Presentations

Reimann H, Schöner G, Scholz JP. Visual information is sufficient for maintaining upright stance – a multi-joint model of human posture. 41st Annual Meeting of the Society for Neuroscience, Washington, DC, November 12-16, 2011.

Scholz JP, Park E, Jeka JJ, Kiemel T, Schöner G, Reimann H. Sinusoidal visual drive affects postural coordination largely at the drive frequency. 41st Annual Meeting of the Society for Neuroscience, Washington, DC, November 12-16, 2011.

Park E, Scholz JP. Multi-joint coordination underlies the stability of upright standing. 41st Annual Meeting of the Society for Neuroscience, Washington, DC, November 12-16, 2011.

Kao P-C, Srivastava S, Agrawal SK, Scholz JP. Robotic performance-based resistance versus assistance for learning of a novel gait pattern with a robotic exoskeleton. 35th Annual Meeting of the American Society of Biomechanics, Long Beach, CA, August 10- 13, 2011.

Award

Catherine Worthingham Fellow of the American Physical Therapy Association, June 2011.



LYNN SNYDER-MACKLER, PT, ScD, FAPTA, (Boston University), Alumni Distinguished Professor: Examination of rehabilitation protocols following ACL reconstruction, examining rehabilitation following ACL injury, osteoarthritis, high tibial osteotomy, and total knee Arthroplasty.

Laboratory Overview

Lynn Snyder-Mackler, PT, ScD, FAPTA, Alumni Distinguished Professor of Physical Therapy at the University of Delaware, has spent the past two decades developing evidence-based approaches to the rehabilitation of knee injuries. Her laboratory has developed into the premier research laboratory that is internationally recognized for the mechanistic and clinical outcomes after anterior cruciate ligament injury, knee osteoarthritis, and total knee arthroplasty. The lab is also involved with interventional clinical trials designed to optimize treatment after knee injuries. Her laboratory has collaborations with Dr. Thomas Buchanan's lab in Mechanical Engineering and Dr. May Arna Risberg's lab at Oslo University Hospital in Norway. Dr. Snyder-Mackler's accomplishments recently have been recognized with a prestigious MERIT (Method to Extend Research in Time) Award for the National Institutes of Health.

Publications

Snyder-Mackler L: Lateral Wedge Insoles Worn for 12 Months Provided no Symptomatic or Structural Benefit for People with Medial Knee Osteoarthritis. *J Physiother* 2011;57(3):195 PMID: 21843837

Petterson S, Barrance P, Marmon A, Handling T, Buchanan T, Snyder-Mackler L: Time Course of Quad Strength, Area, and Activation after Knee Arthroplasty and Strength Training. *Med Sci Sports Exerc* 2011 Feb;43(2):225-31. PubMed PMID: 20543749

Alnahdi A, Zeni J, Snyder-Mackler L: Gait after Unilateral Total Knee Arthroplasty: Frontal Plane Analysis. *J Orthop Res* 2011 May;29(5):647-52 doi: 10.1002/jor.21323 [Epub 2010 Dec 23] PMID: 21437943

Roewer B, Di Stasi S, Snyder-Mackler L: Quadriceps Strength and Weight Acceptance Strategies Continue to Improve two Years after Anterior Cruciate Ligament Reconstruction. *J Biomech* 2011 Jul;44(10):1948-53 [Epub 2010 Dec 23] PMID: 21592482

Mizner R, Petterson S, Clements K, Zeni J, Irrgang J, Snyder-Mackler L: Measuring Functional Improvement after Total Knee Arthroplasty Requires both Performance-Based and Patient-Report Assessments a Longitudinal Analysis of Outcomes. *J Arthroplasty* 2011 Aug;26(5):728-37 [Epub 2010 Sep 20] PMID: 20851566

Grindem H, Logerstedt D, Eitzen I, Moksnes H, Axe M, Snyder-Mackler L, Engebretsen Risberg M: Single-Legged Hop Tests as Predictors of Self-reported Knee Function in Nonoperatively Treated Individuals with Anterior Cruciate Ligament Injury. *Am J Sports Med* 2011 Aug 9 [Epub ahead of print] PMID: 21828364

Snyder-Mackler L, Risberg M: Who Needs ACL Surgery? An Open Question. *J Orthop Sports Phys Ther* 2011 Oct PMID: 20110108.

Di Stasi, SL, Snyder-Mackler L. The Effects of Neuromuscular Training on the Gait Patterns of ACL-Deficient Men and Women. *Clin. Biomech.* (2011), doi: 10.1016/j.clinbiomech.2011.10.008.

NIH R01 HD37985 (PI: Snyder-Mackler) 3/01/01 – 6/30/11 Dynamic Stability in the Anterior Cruciate Ligament Injured Knee.

NIH 1K01HD050582-01A1 (PI: D.Reisman) 4/20/2006 - 3/31/2011 Locomotor Adaptations Following Stroke. Role: Co-Mentor.

NIH—5P20RR016458 (PI: Snyder-Mackler, Buchanan) 2/1/07 - 1/13/12. COBRE for Women in Science and Engineering on Osteoarthritis. Joint Loading and the Progression of Osteoarthritis following TKA

DYNAMIC PERTURBATION TRAINING SYSTEM FOR ACL REHABILITATION, a Small Business Innovation Research grant from the NIH for a collaboration with SIMBEX, LLC, for \$172,424 for the first year AND

CAN NEUROMUSCULAR TRAINING ALTER MOVEMENT PATTERNS?, a five year grant from the NIH (NIAMS) for \$400,000.00 per year for 5 years

Grants

NIH - 5R01AR046386-08 (PI: Buchanan) 6/1999 - 5/2012. ACL Deficient Knee: MRI and Biomechanical Modeling. Role: Co-investigator

NIH R01 HD37985 (PI: Snyder-Mackler) 3/01/01 – 6/30/11 Dynamic Stability in the Anterior Cruciate Ligament Injured Knee.

NIH 1K01HD050582-01A1 (PI: D.Reisman) 4/20/2006 - 3/31/2011 Locomotor Adaptations Following Stroke. Role: Co-Mentor.

NIH—5P20RR016458 (PI: Snyder-Mackler, Buchanan) 2/1/07 - 1/13/12. COBRE for Women in Science and Engineering on Osteoarthritis. Joint Loading and the Progression of Osteoarthritis following TKA

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Presentations

Sports Rehabilitation Concurrent Course: Global Perspective for the Physical Therapist and Athletic Trainer, 8th Biennial ISAKOS

Awards, Degrees, Grants & Publications continued

Congress, Rio De Janeiro, Brazil. May 2011

How to do it in Your Practice: Private Practice Perspective. Annual Meeting AOSSM, San Diego, CA 2011 Jul.

Alnahdi A, McClelland A, Zeni J, Snyder-Mackler L: Quadriceps Strength and Gait after Unilateral Total Knee Arthroplasty. Annual Meeting Orthopaedic Research Society. 2011 Long Beach, CA.

De Stasi S, Snyder-Mackler L: Differing Gait Patterns Between ACL Reconstructed Athletes Who Do and Do Not Pass Return to Sport Criteria. Annual Meeting Orthopaedic Research Society. 2011 Long Beach, CA.

MacLeod T, Snyder-Mackler L, Axe M, Buchanan T: Muscle and Tendon Morphology after Reconstruction of the Anterior Cruciate Ligament: the Effect of Graft Harvest. Annual Meeting Orthopaedic Research Society. 2011 Long Beach, CA.

Award

Steven J. Rose Award for Excellence in Orthopedic Research 2011



JOSEPH ZENI, JR. PT, PhD (Delaware), Assistant Professor.

Laboratory Overview

Dr. Zeni's lab has developed an innovative rehabilitation strategy to manage the persistent movement asymmetries after total knee replacement. This rehabilitation approach includes using biofeedback during functional retraining and therapeutic exercises to promote symmetry between the limbs. Results from this pilot study are looking promising! We have also begun to enroll subjects into our Total Hip Outcome study that we are performing in collaboration with the physicians from Christiana Care's Center for Advanced Joint Replacement. Dr. Zeni's lab hopes to identify the particular biomechanical and clinical impairments that affect functional outcomes and develop specific interventions that reduce these impairments and maximize function.

Publications

Hartigan EH, Zeni J Jr, Di Stasi S, Axe MJ, Snyder-Mackler L. (2011). *Preoperative Predictors for Non-Copers to Pass Return to Sports Criteria After ACL Reconstruction*. July 29, 2011: J Appl Biomech.

Nazarian DG, Zeni J. *Management of a pelvic mass following a worn uncemented total hip arthroplasty*. May 6, 2011: Journal of Arthroplasty

Alnahdi A, Zeni J, Snyder-Mackler L. *Gait after Unilateral Total Knee Arthroplasty: Frontal Plane Analysis*. May 2011: Journal of Orthopaedic Research

Zeni J and Higginson, JS. *Severity of osteoarthritis results in re-distribution of joint moments*. The Knee. In Press.

doi:10.1016/j.knee.2010.04.003

Mizner R, Petterson S, Clements K, Zeni J, Irrgang J, Snyder-Mackler L. *Measuring Functional Improvement after Total Knee Arthroplasty Requires both Performance-Based and Patient-Report Assessments: A Longitudinal Analysis of Outcomes*. Journal of Arthroplasty. In Press

McClelland JA, Zeni, JA, Haley R, Snyder-Mackler L. (2012) Functional and Biomechanical Improvement in a Patient after Total Knee Arthroplasty: The Benefits of Symmetry Retraining. Journal of Orthopaedic and Sports Physical Therapy

Grants

NIH IRO1NS055383-01A2 (PI: Jill Higginson) 4/1/08-11/30/12, \$214,461/yr Muscle Morphology, Strength and Compensatory Strategies Following Stroke

5 P20 RR016472-12 Delaware INBRE (PI: Darcy Reisman, Mentor: Stuart Binder-MacLeod); 3/1/2012-2/28/2014; \$154,285; Motor Learning After Stroke

Presentations

Zeni J, Beeson H, Axe M, Snyder-Mackler. *Comparison of two hyaluronic acid formulations on functional outcomes in patients with knee osteoarthritis*. OARSI Annual Meeting, San Diego 2011

Zeni J, McClelland J, Snyder-Mackler. *A novel rehabilitation paradigm to improve movement symmetry and maximize long-term outcomes after total knee arthroplasty*. OARSI Annual Meeting, San Diego 2011

Alnahdi AH, Zeni J, Snyder-Mackler L. *The effect of progressive strengthening programs on sit to stand mechanics after unilateral total knee arthroplasty: Preliminary results of a randomized clinical trial*. APTA Combined Sections Meeting 2012

Logerstedt D, Zeni J, Snyder-Mackler L. *Functional performance and patient-reported knee function one year after total knee arthroplasty*. ESSKA, Geneva 2012

Zeni J, Logerstedt D, Abujaber S, Flowers P, Pozzi F, Snyder-Mackler L. *Rehabilitation to reduce secondary osteoarthritis after total knee arthroplasty*. OARSI Annual Meeting, Barcelona 2012

Award

Comprehensive Opportunities in Rehabilitation Research Training (CORRT) Scholar. 2011

Awards, Degrees, Grants & Publications continued

Professional Faculty



KARLA BELL, PT, DPT, MS, OCS, Director, Orthopaedic Physical Therapy Clinical Residency Program, Associate Director of Orthopaedic Physical Therapy, Assistant Professor.



CATHY CIOLEK, PT, DPT, GCS, (Ithaca), Associate Director Neurologic & Older Adult Clinic, Director Geriatric Clinical Residency, Co-Director of Clinical Education



AIRELLE HUNTER-GIORDANO, PT, DPT, SCS, OCS, CSCS (Delaware), Associate Director of Sports Physical Therapy, Sports Clinical Residency Coordinator, Sports and Orthopedic Clinic, CCCE.



GRACE KEENAN, PT, DPT, GCS, NCS, Assistant Professor.



STACIE LARKIN, PT, DPT, MEd, (Boston University), Academic Coordinator of Clinical Education.



TARA JO MANAL, PT, DPT, OCS, SCS, (Delaware), Director of Clinical Services, Physical Therapy Clinics.



ANGELA SMITH, PT, DPT, OCS, SCS, ATC, Faculty Member of Sports, Orthopedic, and Geriatric Residency Programs, Assistant Professor.



LAURA SCHMITT, PT, DPT, OCS, SCS, ATC, (Temple), Academic Coordinator of Clinical Education



ELLEN WRUBLE, PT, DScPT, MS, CWS, FACCWS, Director, Doctorate in Physical Therapy Program, Associate Professor

Professional Faculty Awards and Publications

Awards

Joe Lucca Service Award from the Delaware Physical Therapy Association

Grants

R21 HD057274-01 (PI: G. Hicks) 07/08–6/10 Trunk Muscle Training + NMES: Improving Function in Elders with Chronic Back Pain. Role: Co-investigator \$275,000.

Publications

Fontenot, M, Hunter-Giordano A, Manal, T. "Management of a Music Student with Neck, Thoracic, Shoulder, Arm, and Hand Pain." The Performing Arts Special Interest section of Orthopedic Magazine (2011)

Flug J, Schneider J, Greenberg E, Manal TJ. Physical Therapy for the Performing Artists: Figure Skating. APTA Orthopedic Section Independent Study Course 20.3.1 2010.

Bade M, Bell K, Stevens J, Manal TJ. Joint Arthroplasty: Advances in Surgical Management and Rehabilitation: Surgical Management and Independent Study Course 20.2.2 2010.

Hunter-Giordano A, Pongetti-Aglietti G, Voelker S, Manal TJ. Physical Therapy for the Performing Artists: Artistic Gymnastics. APTA Orthopedic Section Independent Study Course 20.3.3 2010.



2011 New Hires, Professional/Staff Promotions, Retirements

New Hires:

Professional Staff:

Anthony Carroll, Physical Therapist - 1/1/2012

Chairs office:

Stephanie Michael, Staff Assistant for Clinical Education
Jeanne Warrington, Administrative Assistant for Admissions and Information Technology

Residents:

Michael Akinbola, Sports Resident - 1/1/2012
Rick Beeson, Orthopedic Resident - 1/1/2012

Moving On:

Staff:

Terri Reed, Staff Assistant for Admissions
Elaine Young, Staff Assistant for Clinical Education

Residents:

Kurt Gengenbacher, PT, DPT, OCS, SCS
Mathew Failla, PT, DPT, SCS
Anna Shovestul, PT, DPT, OCS
Christine Ross, PT, DPT GCS

Let's Keep in Touch!

We will continue to include a page in the Newsletter that highlights the Alumni updates we receive throughout the year. To be included: weddings, births, academic achievements, and also deaths. In addition, all alumni information received will be entered online, and organized by graduating year.

We would like to hear from you and share your news with other alumni! Please mail this completed form to: Cyndi Haley, 301 McKinly Lab, University of Delaware, Physical Therapy Department, Newark, DE 19716, or fax to (302-831-4234). You may also e-mail us your news at: www.udel.edu/PT/alumni/updatenews.html

Photos are encouraged.

FULL NAME: _____

first

middle

(maiden)

last

DEGREE/YEAR: _____ CHECK HERE IF THIS IS A NEW ADDRESS

HOME ADDRESS: _____

CITY/STATE/ZIP: _____

TELEPHONE: _____ EMAIL: _____

HERE'S MY NEWS:



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