

## From the Director



► Once again I'm very pleased to report that we've had another great year here at Chatham. My job as program director continues to be a true pleasure as I get to work with so many friends and colleagues who are committed to sustaining the excellence that permeates all that we do. This newsletter is a way for us to share and celebrate the successes of

our faculty, current students and alumni as we strive to move the profession forward by helping our patients, clients and communities optimize their health and well-being.

Some of the successes you'll read about include exceptional current and incoming students, graduate awards from the class of 2016, faculty and student travel and scholarship, a big announcement about a scholarship opportunity for our current students, a great alumni reception at CSM in San Antonio, another fabulous Perry Patio Party, and expanding service and service learning opportunities for students.

Please read on! If you have news that you would like to share with our Chatham PT Community, or if you have any comments about our successes, challenges, and opportunities, please send them my way ([jschreiber@chatham.edu](mailto:jschreiber@chatham.edu)). You can also post them in our Facebook Group (please contact me if you're not a member and would like to join). It has been a great to stay in touch!

Best Wishes,

## From the Dean



► Chatham University's School of Health Sciences has spent the past year getting to know our new President, Dr. David L. Finegold. Dr. Finegold has brought a wealth of knowledge, ideas, and energy to Chatham and it has been an exciting year working with him. In addition, his wife Sue Finegold has generously been sharing her time and expertise in leading a weekly yoga class at Chatham Eastside to help keep us focused on our own personal health and wellness.

The physical therapy program is undergoing an exciting reorganization in this upcoming year and will be part of the new Department of Movement Sciences with Dr. Joe Schreiber becoming the chair of the department. Included in the department, in addition to physical therapy, will be our undergraduate exercise science program, and the newly developed Master of Science in Athletic Training. The athletic training degree will be a 5-year master's degree that builds on the strength of the undergraduate exercise science program. Dr. Jason Edsall, director of the AT program will be joining us this fall. ([www.chatham.edu/athletic-training](http://www.chatham.edu/athletic-training))

Other highlights from the School of Health Sciences during this past year include the successful start of the fully online Masters in Healthcare Informatics ([www.chatham.edu/mhi](http://www.chatham.edu/mhi)), which is an interdisciplinary degree that brings together clinicians and information technologists. The graduate psychology program has moved from the Shadyside Campus to Chatham Eastside, so we now have PT, OT, PA, nursing, and psych all in the same building. Lastly, the occupational therapy program sponsored a very successful "Out of the Darkness Campus Walk" in collaboration with the American Foundation for Suicide Prevention this past spring and many of the School's faculty and students participated.

My best to you all,

# FACULTY PUBLICATIONS, PRESENTATIONS, AND AWARDS

## PUBLICATIONS & PRESENTATIONS

**Bednarek M** “Cardiovascular and Pulmonary Medications: (Only) What You Need to Know!” Southwest District Mini-Combined Sections Meeting Pennsylvania Physical Therapy Association February 2017

**Bednarek M, Woollard J, Eng J** Challenging Patients in the Home: An Evidence-Based Guide to Assessment and Treatment. Homecare Alliance Webinar: September 2016

GLusardi MM, Fritz S, Middleton A, Allison L, Phillips E, **Criss M**, Verma S, Osborne J, Chui KK. Determining Risk of Future Falls in Community Dwelling Older Adults: a Systematic Review and Meta-analysis Using Posttest Probability. *Journal of Geriatric Physical Therapy*. 2017;40:1-36.

**Criss M**, Heitzman J, Wharton MA. Legal and ethical reasoning to enhance compassionate care in patients experiencing cognitive decline. *Gerinotes*. 2016; 23(6): 18-23.

White L, Dawson N, Ross B, Stanley M, Knott G, **Criss M**, Miles J, Steffes L, Ross C. “Working with Cognitive/Mental Health Issues Across the Care Continuum.” 2-Day Pre-Conference Education Program, APTA Combined Sections Meeting, San Antonio, TX, February 2017.

**Karas S**. Olson-Hunt, M. Windsor B. Temes W. Thiel M. Swoverland T. *The effects of directional thoracic spine manipulation on neck pain*. JMMT. <http://dx.doi.org/10.1080/10669817.2016.1260674>

**Karas S**. Thompson L. Consideration of Treatment Fidelity to improve Manual Therapy Research. International Federation of Orthopedic Manual Physical Therapist Conference. Glasgow, Scotland. July, 2016.

**Karas S**. Williams-Hatala EM. A cadaveric assessment of the alar ligament. International Federation of Orthopedic Manual Physical Therapist Conference. Glasgow, Scotland. July, 2016.

Campbell’s Physical Therapy for Children, 5th Edition. Eds Palisano RJ, Orlin MN, and **Schreiber J**. Elsevier-Saunders. December 2016

**Schreiber J** & Palisano RJ. Evidence-Based Decision Making in Pediatric Physical Therapy. Book Chapter in Campbell’s Physical Therapy for Children, 5th Edition. Eds Palisano RJ, Orlin MN, and Schreiber J. Elsevier-Saunders. December 2016

Dole RL & **Schreiber J**. Outcome Measures. Book Chapter in Campbell’s Physical Therapy for Children, 5th Edition. Eds Palisano RJ, Orlin MN, and Schreiber J. Elsevier-Saunders. December 2016

**Woollard, Jason D.**, James E. Bost, Sara R. Piva, G. Kelley Fitzgerald, Mark W. Rodosky, and James J. Irrgang. 2016. “The Relationship of Preoperative Factors to Patient-Reported Outcome in Rotator Cuff Repair: A Systematic Review.” *Physical Therapy Reviews*, December, 1-13. doi:10.1080/10833196.2016.1262099.

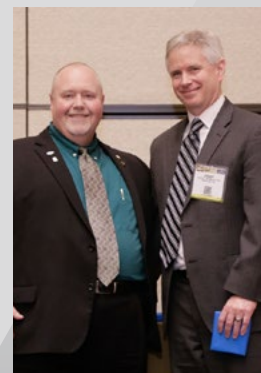
**Woollard JD**, Bost J, Piva S, Fitzgerald G.K., Rodosky M, Irrgang J. The Ability of Preoperative Factors to Predict Patient-reported Disability Following Surgery for Rotator Cuff Pathology. *Disability and Rehabilitation*. 2016 August 1-10. <http://dx.doi.org/10.1080/09638288.2016.1219396>

Trojanowski T, **Williamson A**. “Use of an Online Asynchronous Web-Based Platform Discussion Board for Individuals Sitting for the Neurologic Clinical Specialist Examination” Combined Sections Meeting (San Antonio) February 2017

## AWARDS

**Schreiber, J:** Lucy Blair Award in recognition of outstanding service to the American Physical Therapy Association. June 2017

## Dr. Joe Schreiber Completes Second Term as President



Dr. Joe Schreiber, PT program director, was recognized and thanked for serving two terms as the President of the Academy of Pediatric Physical Therapy, a section of the American Physical Therapy Association (APTA). He was honored in February at the APTA Combined Sections Meeting in San Antonio, TX. In the photo below, APTA Board Member Bob Rowe congratulates Joe during the awards luncheon at the Component Leadership Meeting. Thank you, Joe, for your dedication to and leadership in our profession!

## ALUMNI SPOTLIGHT

### Lauren Wentz, DPT '13

► *Lauren Wentz graduated from Chatham's DPT program in 2013. Over the past year, she had an amazing journey with one of her patients – this is her story:*

I first met John when he came for PT at AHN Health and Wellness Pavilion in September of 2016. We immediately bonded over both of us being marathon runners. He presented with multiple lower extremity injuries and explained to me that he also had multiple sclerosis (MS). I was extremely confused at first and did not understand how a man with MS could be running marathons. He filled me in on his story and how running has benefitted him. He literally runs for his life: running keeps him going mentally and physically. With multiple doctors telling him different diagnoses and courses of treatment, John decided to stay the conservative route and completed months of therapy with me. One day in PT, he told me that if he is accepted in the mobility impaired category for The Boston Marathon, he is allowed to have a guide run with

him. By January, he was healed and passed off to my strength and conditioning team to start training because he was accepted to run Boston. He completed 20 mile training runs around a 1 mile loop outside our facility to mimic the water stops, strength trained twice a week, and kept my hopes up about going to Boston. I forgot to mention what John experiences while running and completing any physical activity that elevates his heart rate: he has vertigo, loses his vision, and his legs go numb from the waist down once his heart rate reaches a certain point and when he is in the heat.... but it does not stop him!

On April 17, 2017, we ran the Boston Marathon. It was a blistering hot morning when we approached the start line at 8:45 am. To stand on that line is an honor that not many get to experience. To be in the gym that morning with some of the best mobility impaired athletes and Olympic push rim cyclists was a physical therapist's dream! My job throughout the race was to get as much ice as I could at the

aid stations to keep John's temperature down, guide him over rail road tracks and uneven ground, and hand him Honey stinger waffles that were melting in my hands. I ran the first 13 miles with him and handed him off to my strength coach, Jeremy, at the exchange point to finish the race. By the time I handed him off, John had already lost his vision and could not feel his legs from the waist down. I believe we used more than 30 bags of ice that day. In those conditions, many runners do not finish, but John did and even PR'd his Boston marathon time. He's a once in a lifetime patient that has made a huge impact on my career and my life.



Lauren is second from left

### Carolyn Kiliany, DPT '13



► Carolyn Kiliany is employed with Centers for Rehab Services at UPMC Mercy Hospital, and works with a range of patient populations, including those patients with orthopedic, neurologic, surgical, and cardiac diagnoses in acute care. Additionally, she treats adults and children in the burn ICU, one of two specialized units in Pittsburgh. Carolyn serves as a clinical instructor for DPT students from several universities.

In the summer of 2016 Carolyn travelled to Ecuador alongside Chatham PT and OT professors and students as part of the Global Health Perspectives course.

She served as the first alum mentor to travel with this class, providing guidance and supervision to the students as they worked in a pediatric clinic and nursing home. She enjoyed the experience greatly, stating that "Going on this trip allowed me to step out of my comfort zone. I also realized how much I've grown as a clinician as I was forced to adapt to the culture and equipment available in the clinics in Ecuador. It was also rewarding to work with the students and share treatment ideas with each other."

In addition, Carolyn plays violin in the Pittsburgh Civic Orchestra, and is involved with her church young adult group.

## ALUMNI SPOTLIGHT

### Chris Zanke, MPT '96

► Chris Zanke, MS, MPT, COMT, graduate of Chatham's inaugural class of 1996, continues to carry on Chatham's Service Theme tradition by becoming involved with the Operation Walk – Pittsburgh. This philanthropic organization provides free hip and knee replacements to the less fortunate around the globe, as well as in the local Pittsburgh area. Started by well-known orthopedic surgeon Anthony Dijoia, MD, the AMD3 Foundation sponsors the Op Walk team.

Chris's first trip with Op Walk – Pittsburgh was in 2010 to Panama City, Panama. Most recently, in November 2016, Chris traveled to Havana, Cuba. During this week long effort, Chris served as a physical therapist along with three other PTs from the US. The US-based PTs were teamed with four Havana-trained PTs. Despite the language barrier where neither side spoke the other's language, instant friends were made. The Havana PTs were well trained in acute care PT and assisted Chris and the others with the communication and patient education.

Upon week's end, Chris and team rehabilitated a total of 47 patients with 61 surgeries (40 knee & 21 hip replacements).

Chris states: "It is a very fulfilling experience knowing that you are giving back to the community at large and assisting less fortunate cultures from around the world. Since

Read the *Pittsburgh Post-Gazette* article about the trip to Cuba at this link:

<http://www.post-gazette.com/opinion/Op-Ed/2017/03/12/The-Next-Page-Orthopedic-surgeries-one-way-to-heal-U-S-Cuban-relations-observes-Dennis-B-Roddy/stories/201703120022>



graduating from Chatham, I have been very fortunate with a successful career as a physical therapist. This type of experience humbles you and grounds you. It reminds me about my time as a Chatham student, fulfilling my service project. I owe a tremendous amount of gratitude to the PT faculty of Chatham University for providing a platform to have a successful career as well as instill a mission to help those less fortunate. Thank you Chatham PT faculty—my admiration for you is still as strong as when I was attending the PT program.”

Learn more about Operation Walk - Havana, Cuba at [www.operationwalkpgh.org](http://www.operationwalkpgh.org)

### Jen (Venet) Brilmyer, DPT '11



► Since graduating from Chatham in 2011, Jen Brilmyer has worked in both Early Intervention and Outpatient Pediatric therapy settings. Jen is a Senior Staff therapist at The Children's

Institute of Pittsburgh's Squirrel Hill location. She works primarily with children developmental delays, neurological impairments, and chronic pain.

Jen continues to pursue lifelong learning and is a DHS candidate through Drexel University with a research focus on participation in children with chronic pain. She developed and implemented a continuing education course, "Advanced Pediatric Clinical Application and Decision Making," for DPT students and clinicians last fall and was invited to present the outcomes of this course at the Academy of Pediatric Physical Therapy Annual Conference with Joe Schrieber, PT, Ph.D., this November in the session "Knowledge Translation Innovations in an Academic-Clinical Partnership."

Jen has served as an applicant interviewer for prospective graduate students at Chatham University and has volunteered as a part of the Neurologic Clinical Specialist Online Review. She has also received certification through the American Physical Therapy Association as an Advanced Credentialed Clinical Instructor of students. Jen served as a member of the FSBPT Standard-Setting Task Force in July. Personal achievements include running alongside her father in November to complete their first marathon.

## 2017 NATIONAL AWARD WINNERS

### Chatham MPT Alumna Receives National Award



► Congratulations to Chatham PT program alumna, Nicole Stout, DPT, CLT-LANA, FAPTA (MPT '98), who received the Catherine Worthingham Fellow Award from the American Physical Therapy Association

(APTA)! The Catherine Worthingham Fellow designation (FAPTA) honors individuals whose contributions to the profession through leadership, influence, and achievements demonstrate frequent

and sustained efforts to advance the physical therapy profession.

Dr. Nicole L. Stout received her BS from Slippery Rock University of Pennsylvania in 1994, her Master of Physical Therapy degree from Chatham University in 1998, and a clinical doctorate from Massachusetts General Institute of Health Professions in 2013. She has a post graduate certificate in Health Policy from the George Washington University School of Public Health.

Dr. Stout is a renowned health care researcher, consultant, educator, and advocate. She is the chief executive officer of 3e Services, an information technology consulting firm.

She holds appointments on the State of Maryland Cancer Control Survivorship committee, the CARF International Cancer Standards Advisory Board, and the American Lymphedema Framework steering committee. She is the current chair of the Oncology Specialty Council of the American Board of Physical Therapy Specialties and serves as the co-chair for the American Congress of Rehabilitation Medicine's Cancer Networking Group Education Taskforce. She has received service awards from the National Institutes of Health Clinical Center, the Navy Surgeon General, and the Oncology Section of the American Physical Therapy Association.

Congratulations, Dr. Stout!

### Chatham DPT Program Director Receives National Service Award



► Congratulations to Dr. Schreiber, who received the Lucy Blair Service Award for the American Physical Therapy Association (APTA) at APTA's national conference this June! The Lucy Blair Service Award honors members who have made exceptional contributions to APTA through district, chapter, committee, section, task force, or national activities.

A 31-year APTA member, Dr. Schreiber recently completed a six-year term as president of the Academy of Pediatric Physical Therapy (APPT, formerly known as the Section on Pediatrics). Among other accomplishments during his time as president, Dr. Schreiber was instrumental in the development of the Essential Competencies in Pediatric PT Education, a guiding document for physical therapy programs across the country.

Congratulations, Dr. Schreiber!

**Want to remain connected with the Chatham DPT program?** Participate in the admissions process as an alumni interviewer! You will be paired with a faculty member as you help select the next class of Chatham DPT students. To learn more, contact Melissa Bednarek at [mbednarek@chatham.edu](mailto:mbednarek@chatham.edu) Thanks!

## Big Announcement



► DPT alumni and faculty, Raj Sawhney and Steve Gough, have announced the creation of the Sawhney-Gough Clinical Excellence Scholarship, which will be awarded on an annual basis to a second-year Chatham physical therapy student. Committing \$5,000 per year, they are asking for alumni support to match this \$5,000. They hope to award a scholarship of up to \$10,000 each year.

An evening alumni/student mixer will be held at Chatham Eastside on September 21 to officially launch this scholarship – please join us! For more information, contact [jschreiber@chatham.edu](mailto:jschreiber@chatham.edu) or Stephanie Adamczyk, director, graduate alumni relations & giving, at [SAdamczyk@chatham.edu](mailto:SAdamczyk@chatham.edu).



## Schweitzer Fellowship Awarded to DPT Student



► Chatham DPT student, Anna Coutsoumbis, has been accepted into the 2017-2018 Schweitzer Fellows Program as a Traditional Fellow.

The mission of the Pittsburgh Schweitzer Fellows Program of the Albert Schweitzer Fellowship is improving the health and well-being of vulnerable people now and for the future by developing a corps of Leaders in Service—professionals skilled

in creating positive change with and in our communities, our health and human service systems, and our world. Working in collaboration with a local community agency, each Fellow will design and implement a service project of at least 200 hours (300 for Environmental Fellows) that addresses an unmet community health need.

Anna's project began in early May, and focuses on providing social interaction amongst the elderly and older adult populations who live in an independent living facility called the Homewood House in Homewood, PA. Research has shown that older adults need increasingly more social interaction as they grow older, because it helps reduce stress, depression, and inflammatory processes in the brain that are possible precursors to inflammatory diseases and higher mortality rates in this population. Therefore, to increase social interaction among older adults and prevent stress and depression, Anna is currently leading interactive group activities that include crafts, games, and music with the residents of the Homewood House. Her project is called, "Be My Friend."

So far, Anna has taught her friends from the Homewood House how to make pipe-cleaner flowers, bookmarks, popsicle-stick flower bouquets, holiday wreaths, and other crafts to display in their apartments. Learning how to create new things keeps them motivated and interested in not only the project but also life itself. Engaging games such as puzzles, question and answer games, charades, and more have also been implemented to provide segues to stories and brighten conversations.

The population has responded positively and look forward to it each week, as per qualitative data gathered from surveys handed out at each session. To summarize, Anna is using creativity as a means for the residents of the Homewood House to reach goals of friendship and possible leadership within the project, "Be My Friend."

## Screening, Brief Intervention, and Referral to Treatment (SBIRT)

► We are pleased to announce that Chatham DPT students now have additional training to address alcohol, tobacco, and substance use in patient populations. Students receive both didactic and interactive skill based practice in Screening, Brief Intervention and Referral to Treatment (SBIRT). SBIRT is a nationally recognized training model used to educate health care providers in reducing the harm caused by substance misuse.

The training prepares students to engage patient substance misuse in the risk phase. For instance, a patient with pain says "the pain was so bad that I had to double-up on my pain medication." This is a risky behavior that would trigger a brief screening (six questions) and a 5-minute conversation.

The program is not an abstinence program nor is it intended to treat addiction. The goal of SBIRT is to encourage reduction of hazardous and harmful behavior associated with alcohol and drug use. It complements the APTA's "Choose PT" campaign promoting of the role of physical therapy in pain management.

Funding for this program comes from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment (CSAT). If you would like to learn more about this program, please contact Sarah Jameson ([sjameson@chatham.edu](mailto:sjameson@chatham.edu)) for more information.

## STUDENT SPOTLIGHT

### Class of 2017

► The Chatham DPT Class of 2017 had an eventful school year in the classroom and beyond. Throughout the year, students participated in service learning projects and volunteered with various organizations including The Woodlands Foundation, Three Rivers Adaptive Sports, Hospice, and Safety for Seniors. In April, a group of students also organized the biggest ever Go Baby Go event and modified three toy ride-on cars for children with movement disabilities with the help of Dr. Schreiber, local engineers, pediatric physical therapists, and colleagues from the Class of 2018. In May, the Class of 2017 completed the didactic portion of the curriculum to prepare for their final clinical experiences. Students will spend the next six months gaining skill and experience in a variety of clinical settings including acute care, in-patient rehab, skilled nursing, outpatient orthopedics, pediatrics, and neonatal ICU. During these rotations, students will also be presenting in-service presentations at their clinical sites on relevant evidence-based topics and sharing the findings from their systematic review projects. A smaller group of students headed to Equador in August for a service project with PT faculty and occupational therapy students to provide services for children and families in need. The class will return to campus for a final presentation of their systematic review projects, NPTE prep course, and commencement ceremony in December. After graduation, the Class of 2017 will continue preparations to pass the licensure exam and finally begin their careers as Doctors of Physical Therapy.

Adrianna Ferraro, Class President, Chatham DPT Class of 2017



Class of 2017 at the Perry Patio Party



### Class of 2018

► The Chatham University Class of 2018 is a motivated, enthusiastic group of 39 students composed of 27 women and 12 men with a true passion for health, healing, and community service. Throughout the first year in the program, this close-knit group worked together diligently to enhance our knowledge and skills to prepare ourselves for our first outpatient orthopedic clinical experience which began in July. Outside of the classroom, this class organized a food drive for the Greater Pittsburgh Community Food Bank donating over 200 pounds of food and supplies to help those in need, formed a team for Chatham Universities Relay for Life to raise money for cancer research, and participated in the Out of the Darkness Walk to raise awareness for suicide prevention and mental illness. This class has taken over the successful “Go Baby Go!” program from the class of 2017 and plans to modify four toy ride-on cars this August for children with movement disabilities bringing the total to eight cars in less than two years. This class is a very cohesive group that enjoys spending time with each other from studying inside the classroom and skills lab to staying active with sports and other fun activities outside the classroom. This coming February, 14 students from the class are planning to attend APTAs Combined Sections Meeting in New Orleans, LA, for the opportunity to network with physical therapists and learn perspectives on relevant topics in the field while being able to enjoy the culture and nightlife in the birthplace of jazz.

Rob Meier, Class President, Chatham DPT Class of 2018

## STUDENT SPOTLIGHT

### Final Research Presentations, Class of 2016

Heather Furdak Megan Kenney Sarah Quinn Mara McConnell	What is the effectiveness of physical therapy interventions to enhance motor learning in children with Developmental Coordination Disorder?
Nick Bracciante Troy Bloom Kyle Kessler Eric Dykstra	What is the effectiveness of medications and epidural steroids versus medications, epidural steroids and physical therapy on individuals with spinal stenosis?
Kate Lynch Tara Munzek Val Khanina Mallory Lindermann	What is the effectiveness of progressive strength training for children with cerebral palsy who are ambulatory?
Emily Park Emily Gulley Kaitlyn Keefer Bridget Nolan	What is the effectiveness of physical therapy for community-dwelling older adults who have sustained spinal compression fractures?
Kaitlyn Zacharias Bryanna Blackie Julia Muha Darcy Walker	What is the effectiveness of impairment level interventions on activity and participation for children with Duchenne Muscular Dystrophy?
Kristina Reeder Taylor Cunningham Megan Smith	What is the effectiveness of physical therapy interventions on pain and function in adults with rheumatoid arthritis?
Amanda Kidd Jacquelyn Hughes	What are physical therapy outcomes for patients with BPV (benign positional vertigo)?
Grace Hyland Kelsey Bellanca Kylie Sramek Lindsay Sammarco	What is the effectiveness of Physical therapy management of the pediatric patient following concussion?

Stefani Knopick Sasha Igwe Will Boyd Hollie Cunningham	What is the effectiveness of an early mobility program in the ICU for patients after stroke?
Jana Yoder Meghan Kozusko Sam Friedman Jeff Bonezzi	What is the effectiveness of physical therapy in increasing strength and function in very old adults (age 80-85+)?
Zach Kramer Jeff Tompkins Rob Seethaler Justin Radaker	What is the effectiveness of physical therapy intervention to reduce pain in patients suffering from plantar fasciitis?
Jana Yoder Grace Hyland Kylie Sramek Sasha Igwe	Ecuador International Service Trip

### 2016 Physical Therapy Program Awards

#### Potential for Professional Excellence Award

Kristina Reeder  
Jana Yoder

#### Peer Recognition Award

Jana Yoder

#### Faculty Commendation

Megan Kenney

#### Clinician-Educator Award

Jason Chippich, PT



## PT and OT Students in Ecuador

► Once again this past summer a group of PT and OT students took part in an elective course titled “Global Health Perspectives: A Field Experience.” The intent of the course was to provide a cross-cultural clinical experience in Ibarra, Ecuador. Prior to the ten-day August 2016 trip, students participated in coursework that focused on cultural awareness, speaking and understanding Spanish, and OT/PT co-treatment strategies.



The group provided therapeutic and enrichment services at CRECER (<http://crecerecuador.wix.com/crecer>), a pediatric outpatient clinic; a residential nursing facility; and a day-program for young adults with cerebral palsy and developmental delay. In addition, students visited many cultural sites in Ibarra, Mindo, and Quito, Ecuador. Those traveling included PT students Sasha Igwe, Grace Hyland, Kylie Sramek, and Jana Yoder; PT faculty Dr. Joe Schreiber; PT alumna Carolyn Kilianny; and OT faculty Dr. Joyce Salls

This is the third year that PT and OT students have partnered with CRECER to serve the residents of Ibarra. The PT program plans to continue to offer this Ecuadorian experience to students each year, as well as to explore additional opportunities for international clinical service.



## Grand Rounds

► Chatham University’s Physical Therapy Grand Rounds Series continues every semester in the Eddy Theater on the Shadyside Campus. Refreshments begin at 7:00 a.m. and the presentation runs from 7:30–8:30 a.m. CEU’s are presented to all physical therapists in attendance. Our alumni and clinical instructors are especially welcome.

This past year, Carol Steiner presented “Physical Therapy for the post-concussion patient.” Dr. Steiner is physical therapist practicing in Cranberry.

In addition, Erin Boyle spoke about “Evaluation and Treatment of the Geriatric Patient with Neurological Impairments in the Acute Rehab Setting.” This fall we look forward to Chatham graduate Dr. Mike Dzigiel, DPT ’10 joining us from the Cleveland Clinic to present a case detailing the rehabilitation process of a patient with a ventricular assist device. Dr. Dzigiel recently received his cardiopulmonary rehabilitation certification, and is tentatively scheduled for November 9, 2017. These presentations, and most of the others over the past

ten years can be viewed on line at [www.chatham.edu/pt/grand-rounds](http://www.chatham.edu/pt/grand-rounds), or just google Chatham University Grand Rounds.

All Grand Rounds presentations are announced on our program webpage ([www.chatham.edu/pt](http://www.chatham.edu/pt)) and also through our e-mail distribution list. If you would like to be included on the e-mail invitation list, or would be interested in presenting a Grand Rounds Patient Case, please contact Dr. Steve Karas ([skaras@chatham.edu](mailto:skaras@chatham.edu)).

# Service Learning Projects

► During the second year of the program, Chatham DPT students select one of our community partners for a service experience. Students serve young adults with physical and intellectual disabilities, vulnerable older adults who struggle to be safe at home, and people with disabilities who participate in community sports and recreation programs. Two new partners were established this year: Bethany Hospice and the Mighty Penguins. In reflective journals, students describe the personal and professional growth that is a product of the volunteer experience.

## 2017 Service Learning Partners

### Bethany Hospice

The Bethany Hospice mission is to care for those who have been touched by a life limiting illness, ensuring a life of quality and dignity. Companion volunteers work directly with patients and their families providing emotional support and companionship.

[www.bethanyhospice.com](http://www.bethanyhospice.com)

Contact: Kathi Leddy at [kledi@bethanyhospice.com](mailto:kledi@bethanyhospice.com)

### Safety for Seniors

The Safety for Seniors Project is an initiative of Interfaith Volunteer Caregivers of Southwestern PA/Family Services. After an orientation/training, volunteers (in groups of 2-3) participate in home safety checks for elderly residents. During these checks, room-to-room checks are conducted to identify safety hazards. Free safety kits of supplies are distributed and smoke alarms are installed if necessary. Recommendations for further safety features can also be made. Each visit takes approximately two hours (includes travel).

[www.jvcswpa.org](http://www.jvcswpa.org)

Contact: Karen Berry at [berryk@FSWP.org](mailto:berryk@FSWP.org) or Sarah Papperman at [pappermanS@FSWP.org](mailto:pappermanS@FSWP.org)

### Three Rivers Adaptive Sports

The mission of Three Rivers Adaptive Sports is to promote quality of life, education and to provide quality year-round sports and recreation opportunities for people with disabilities, their families, and friends. Opportunities for volunteer participation varies, but some of the activities are bowling nights, water-skiing and snow-skiing (usually not until January.) A calendar of events is listed on the website:

[www.traspa.org](http://www.traspa.org)

Contact: Mark at [mark4tras@comcast.net](mailto:mark4tras@comcast.net) or 412-848-8896

### Mighty Penguins

Mighty Penguins Sled Hockey operates therapeutic and competitive ice hockey programs for the benefit of physically disabled individuals in Pennsylvania and adjacent areas.

[penguinssledhockey.org](http://penguinssledhockey.org)

Contact: Amy Brown at [amy.brown@penguinssledhockey.org](mailto:amy.brown@penguinssledhockey.org)

### The Woodlands Foundation

The Woodlands is committed to enriching the lives of children and adults with disability and chronic illness. The Woodland is located on 32 acres in Wexford, PA and includes a 48-bed lodge with a spacious activity center, creative arts building, indoor aquatic center, dining and kitchen services. Located on the property also are a nature trail, camping area, amphitheater, playing field, sports court, and an adaptive par-3 golf course. Volunteers assist participants with crafts, cooking, ADLs, swimming, recreational activities, and/or weekend retreats, etc.

[www.woodlandsfoundation.org](http://www.woodlandsfoundation.org)

Contact: Leanne Pontis at [lpontis@woodlandsfoundation.org](mailto:lpontis@woodlandsfoundation.org) or 724-935-5470

# Go Baby Go At Chatham



Erin Gaffney, a student in Chatham's Doctor of Physical Therapy program, Class of 2017, brought the idea for Go Baby Go to Chatham and program director Dr. Joe Schreiber. Developed by University of Delaware physical therapists, the Go Baby Go program aims to help children with mobility impairments become more mobile by modifying driveable toy cars. Electric wheelchairs are often reserved for children over three years of age, leaving a mobility gap for many children during a prime developmental period. Through

the retrofitting of battery-powered cars to suit their physical needs and abilities, children can begin to explore their world at an earlier age and do so in a play environment. This not only helps with children's cognitive development, but also helps build important social skills and a greater sense of independence. Thus far the GoBabyGo club has modified five cars, and the plan is to hold an event each spring and late summer.

To learn more, visit [www.chatham.edu/pt/go-baby-go](http://www.chatham.edu/pt/go-baby-go).

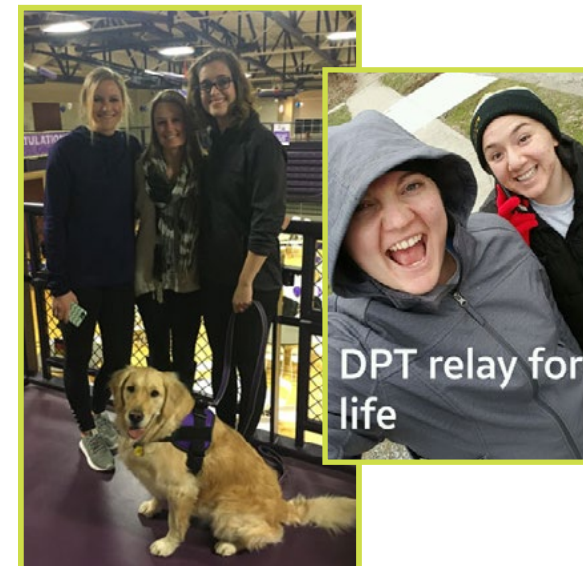


## Chatham Eastside Gets Green!

Really, Chatham Eastside is actually greener thanks to the efforts of DPT student, Jill Claassen. Jill, assisted by Dr. Steve Karas and fellow students Kirby Poisel, Sabrina Evers, and Delila Spahic, applied for and received a Green Fund grant to add plants to the mezzanine level common areas. This is a lovely and healthy addition to our space that helps with air quality for all. The photos above show before and after. Thank you to the DPT students for a job well done!

## Relay for Life 2017

Thanks to DPT students, the Chatham University PT program raised \$1500 for Relay for Life! This is added to the campus-wide efforts that raised over \$10,000!! Thank you to our students and our student coordinators, 2nd year student Meghan Reiser and 1st year student Jennifer Raymond, and faculty advisor Dr. Ann Williamson for their efforts.



## CLINICAL CORNER UPDATE

# Safety and Grade Five Cervical Mobilization

Dr. Steve Karas

► Evidence exists for the efficacy of grade five cervical spine mobilizations for the treatment of neck pain. Mobilization should be used with education, therapeutic exercise, and individualized treatment for optimal results.<sup>1</sup> However, physical therapists most commonly utilize mobilization in the thoracic spine, followed by the lumbar spine, and much less often in the cervical spine. Reasons include difficulty controlling the patients head, inability for the patient to relax, and perceptions of safety concerns among PTs. Practice will allow better hands on skills, and likely translate to patient confidence in your ability allowing them to relax. Following is a brief review of pertinent safety concerns that should be addressed including ruling out fracture and upper cervical instability, and clearing the vertebral artery.

The Canadian C-spine rule is a very reliable way to rule out fracture and includes age > 65, dangerous mechanism, and extremity paresthesias as reasons to perform radiography.<sup>2</sup> Also included are lower risk factors such as motor vehicle accidents that result in the patient being unable to rotate their head 45 degrees to both sides.

Upper Cervical instability is a complex condition that may present with a variety of signs and symptoms. While rare, injuries to the alar or transverse ligaments may be difficult to detect and lead to severe complications. A thorough history as well as stress testing will aid in the diagnosis. Common stress tests may be found in Grieves Modern Manual Therapy, and are easily performed using careful palpation and proper forces.<sup>3</sup>

Perhaps the most confusing task is to ensure normal integrity of the vertebral arteries. Traditional PT testing has not stood up to validity and reliability research. Therefore, the IFOMPT committee charged with international guidelines for safety have suggested a complete history assessing conditions related to arterial compromise.<sup>4</sup> These include: past trauma, headache, cardiovascular disease, long term steroid use, post partum, and blood disorders. A cluster of these should alert the PT to use their clinical reasoning to avoid potential stress to the artery which includes mobilization in rotation.

While concern for safety is commonly cited as a reason to avoid grade five cervical mobilization, a common sense approach to ruling out fracture, upper cervical instability, and ensuring proper arterial function should give us the confidence to use this effective treatment.



1. Childs J. Neck Pain Clinical Guidelines. J Orthop Sports Phys Ther 2008;38(9):A1-A34.
2. [http://www.emottawa.ca/assets/documents/research/cdr\\_cspine\\_poster.pdf](http://www.emottawa.ca/assets/documents/research/cdr_cspine_poster.pdf)
3. Boyling, Jeffrey D, Nigel Palastanga, and Gregory P. Grieve. Grieve's Modern Manual Therapy: The Vertebral Column. Edinburgh: Churchill Livingstone, 1994.
4. <http://www.ifompt.org/site/ifompt/IFOMPT%20Examination%20cervical%20spine%20doc%20September%202012%20definitive.pdf>

## Dr. Ann Williamson receives Credentialed Clinical Trainer status from the APTA

This spring, Dr. Williamson PT, DPT, NCS was selected to participate in the APTA Credentialed Clinical Instructor Train-the-Trainer course. She subsequently received a full recommendation for Credentialed Clinical Trainer status. Dr. Williamson will be co-teaching local Credentialed Clinical Instructor Program (CCIP) courses through the end of this year and will begin conducting additional courses independently in the 2018-2019 academic year. Additional information about upcoming courses will be automatically emailed to local clinical instructors engaged in clinical partnership. All public CCIP and Advanced CCIP course schedules can be found at [www.apta.org/CCIP/](http://www.apta.org/CCIP/). Dr. Williamson can also be reached at [AWilliamson@chatham.edu](mailto:AWilliamson@chatham.edu) for additional inquiry.

# Alumni Events

## SAN ANTONIO

Chatham faculty, students, and alumni came together for a reception at the APTA Combined Sections Meeting in San Antonio in February. We met at a local restaurant on Thursday afternoon, February 16, just after the conclusion of the continuing education sessions for the day. We're looking forward to a similar reception next year at CSM in New Orleans—hope to see you there!



## PT PICNIC IN PITTSBURGH

The first ever Chatham PT program picnic happened on Sunday, October 9, 2016 at Highland Park in Pittsburgh. Thanks to all of the alumni and their families who joined us, and we're looking forward to continuing this new tradition in the coming years.



# PT Fund Continues to Grow

► Three years ago, 22 alumni jump-started the PT fund by becoming “Leadership Donors.” Thanks to their generosity and that of other donors over the years, the fund is now endowed at over \$35,000. As the fund continues to grow, it will be used exclusively for current students to support participation in educational and leadership opportunities. Eventually when we reach our goal of \$100,000, we will be able to provide much needed scholarship assistance each year to current physical therapy students.

Please consider making a donation to the PT fund. You can do so either by visiting <https://www.chatham.edu/giving/gift/?fund=pt> or by sending a check made out to Chatham University PT Fund to Chatham University, Attn: Dr. Joe Schreiber, Woodland Road, Pittsburgh, PA 15232. Thank you very much.

**Have you earned a PT related certification? Started a new niche practice? Have an interesting practice related story to share with your Chatham colleagues? No accomplishment is too small—we want to hear about it!! Please contact Missy Criss at [mcriss1@chatham.edu](mailto:mcriss1@chatham.edu) with your exciting information to be included on the web page, Facebook, and future newsletters!**

**Do you have professional news? Are you interested in accessing the online directory? In order to get the most up to date information from your alma mater, please be sure to keep your contact information updated with the Office of Alumni Relations.**

Keep in touch with Chatham and your classmates by visiting [chatham.edu/alumni](http://chatham.edu/alumni). There you can become a member of the alumni directory, view and share classnotes, as well as register and pay for events online! Contact [alumni@chatham.edu](mailto:alumni@chatham.edu) for your unique ID needed to login!