Message from the Chair

I can hardly believe a year has passed since I summarized the 2010-2011 academic year. But here we are, and in thinking about the past year, I am reminded there is nothing more constant than change. Some things – gratefully – remain the same; we have admitted another 34 outstanding new DPT students for the fall and we bid adieu to 34 graduates in May. The faculty continue to be active in scholarly endeavors as we tweak our curriculum to keep pace with the changing nature of physical therapy practice. Our transitional DPT curriculum has now enrolled over 500 students and provided nearly 200 new alumni for The University of Montana since its inception in 2008. Incredibly, demand remains high as we evaluate applicants for the fall 2012 cohort; at the time of this note we expect another 150 or so new students to enroll. As before, I can’t overemphasize the positive impact this program has had on national recognition; our network of graduates now reaches even further and the affiliate faculty, nationally and internationally-known experts, continue to impact the field of physical therapy as they contribute to the program.

On the faculty front, our newest faculty member, Dr. Toby Kinney, made a significant impact in his first year assisting with the clinical education program and teaching, primarily in the areas of orthopedics and clinical medicine. Dr. Sue Ostertag became part of the core faculty and besides her continued presence in our clinic, provided additional instructional expertise in neurorehabilitation and will do so again in the year ahead. We developed a relationship with the Department of Pediatrics at Community Medical Center to provide pediatric and life-span expertise. This is an outstanding partnership under the leadership of Dr. Kim McKearnan and Dr. Ostertag.

Having finished my 6th year as chair, in the spring semester of next year I will be taking sabbatical leave to study with Dr. Josef Niebauer at the Salk Clinic in Austria. Dr. James Laskin and five DPT students traveled to Thailand to work on a variety of projects and continue to build our international ties. You can read more on this and view some pictures of their journey inside the pages of the newsletter. Finally, Dr. Sara Scholtes decided to return to the Midwest after three years with us, accepting a faculty opportunity with St. Louis University. We thank her for her expertise while she was with us and we wish her success in St. Louis; their gain is our loss.

In the past year we consolidated our clinics, which underwent a significant physical renovation; we have likewise rebranded the associated efforts in the School to reflect our singular identity, UMPT. The mission of the Nora Staael Evert Physical Therapy Clinic (NSEC), then, is to provide support to the unique missions of UMPT Sports and Orthopedics, UMPT Neurological and Mobility Impairments, UMPT New Directions Wellness Center and the Applied Physiology Research Laboratory. This consolidation should lend itself to more efficient client care, clinical research and clinical education. Dr. Sue Ostertag directs the NSEC and Dr. Toby Kinney chairs the Clinic Advisory Committee to provide oversight to the mission of the NSEC. Dr. Brenda Mahlum, who directs the sports residency program, assumes a new role in providing coordination to projects in UMPT Ventures, an entity created to develop educational and collaborative service projects within the School and College.

It is such a privilege to work and live in Montana and I encourage you to visit the School when you are passing through Missoula. So have a great year ahead and be sure to let us hear from you.
A note from our newest faculty member: Dr. Toby Kinney

Dear UMPT Alumni,

Congratulations to the newest alumni, the PT Class of 2012, for your remarkable accomplishment! I am delighted that I had the opportunity to work with you during your last year of training. I was truly impressed by your thirst for knowledge. As you go forward in the profession I encourage you—and all of UMPT Alumni—to continue to have the desire to learn as directed by Principle #6 of the APTA’s Code of Ethics for the Physical Therapist:

Physical therapists shall enhance their expertise through the lifelong acquisition and refinement of knowledge, skills, abilities, and professional behaviors.

Admittedly, as a new graduate ten years ago and being a bit naive, I thought every continuing education course was the magical key that would unlock the mysteries of the physical therapy kingdom. However, sometimes that pursuit for physical therapy “enlightenment” would cause further confusion (think SI joint). If you were to ask my wife, I have taken Principle #6 to the extreme. Over the eight years that my wife and I have been together she has been unable to keep track of the numerous continuing education courses, certification programs and conferences I have attended. I have fielded questions from her such as, “What exactly is the McKenzie method?” or “Wait, didn’t you just take a course about the shoulder two years ago?” Eventually, I started to be a bit more critical about my choices and ask myself these same questions. I became more deliberate and selective in deciding how I would improve and “refine” my physical therapy skills. I purposely sought out a post-professional program that would advance my orthopedic manual therapy skills, would provide guided clinical mentorship and integrated, evidence based practice in patient management.

My fellowship training in the Regis University Manual Therapy Fellowship Program far exceeded my expectations in each of those domains. While I expected that the didactic instruction and clinical mentoring would improve my knowledge and skills, I did not anticipate the magnitude of how I would benefit from the perspectives and wisdom from the other fellows-in-training and transitional DPT students with whom I would interact. The formal classroom, laboratory and online education have been extremely valuable, but the unplanned, informal conversations and observation and performance of manual therapy practice sessions also significantly contributed to my acquisition of knowledge and psychomotor skills.

From my perspective, a physical therapist’s pursuit of lifelong education does not necessarily have to come from a planned post-professional residency or fellowship program. Extremely valuable opportunities for knowledge and skill acquisition can come from fellow physical therapist colleagues, students, and other health care professionals. As Yogi Berra once said, “You can observe a lot just by watching.” In the frenetic, productivity-driven world of professional practice, I encourage all UMPT alumni—especially the newly added Class of 2012— to take a few minutes daily to watch for those small opportunities that may provide for enormous and influential learning. Keep on growing your knowledge and skills, it is part of our Code!

Hope you had a wonderful summer!

Sincerely,

Toby Kinney, DPT, OCS, MBA

UMPT graduates of the Class of 2009, Mike Vanatta, John David Jordan and Mike Boulter, UMPT Chair, Reed Humphrey and UMPT clinical faculty Kim Mize-Humphrey, participated in RATPOD (Ride Around the Pioneers in One Day) on June 23rd. This 130-mile ride that starts in Dillon MT, heads over Crystal Summit, goes down the Wise River and then finishes back in Dillon, raised over $400,000 this year for Camp Mak-A-Dream, a camp for children with cancer and their families. Not pictured is Rob Gillespie (2001) and Molly Blair, gym coordinator at New Directions, who also participated in the event. The RATPOD organizing committee also includes UMPT graduate John Fiore (class of 93), owner of Sapphire Physical therapy in Missoula. For more information - www.ratpod.org/.
New Faces Join UMPT and the Movement Science Laboratory

We are pleased to welcome Dr. Audrey Elias (UMPT class of 2009) back to Missoula to assist in our physical therapy program while advancing her training as a PhD-level teaching assistant. This fall, besides helping with class instruction, Audrey will begin her own PhD coursework as well as become familiar with the research being conducted in the Movement Science Laboratory. She has been working in Port Angeles on the Olympic Peninsula of Washington for Therapeutic Associates (TAI) since graduating. Audrey is certified in the Sportsmetrics injury prevention program and she is an APTA credentialed clinical instructor. She has just completed the APTA accredited orthopedic clinical residency with Therapeutic Associates. and she recently passed her orthopaedic clinical specialty exam this past spring. She is particularly interested in the biomechanical interplay between lumbo pelvic control and lower extremity injuries, specifically at the knee. She will be working out of the Movement Science Laboratory with Dr. Mizner as her mentor. Audrey will be accompanied on her trip to Missoula by her husband, Joran, and their 6 month old son, Ciaran.

Audrey will join Curt Hammill, another new member of our laboratory team. Mr. Hammill, who originally hails from Missoula, has been working full-time as a laboratory technician for the School for the last few months. He is replacing Hilary Palakovich who decided to go back to school to earn her Master’s degree in the Health and Human Performance Department here on campus. Curt provides a wealth of experience and a broad skill-set to the laboratory. He graduated from the Colorado School of Mines with a BS in Mechanical Engineering and a MS in Engineering Systems with a biomedical emphasis. Curt worked in orthopedic research previously, evaluating kinematics, wear patterns and bone growth in artificial joints. He performed tissue research, product development and manufacturing in the electrosurgical industry. Curt is also a certified adaptive ski instructor. He will work to support the scholarly product of the School for the next year and we feel fortunate to be able to benefit from his efforts.

Recent Grads Present at the Annual Meeting of the American College of Sports Medicine

2012 graduates Maggie Dewitz, Caitlin Gollehon, and Jenna Kokes, (pictured here L to R) had a busy month in May going through graduation and then flying to San Francisco to present their research findings at the 59th Annual Meeting of the American College of Sports Medicine. Mentored by Dr. Ryan Mizner throughout, they had a great time enjoying the excellent science and clinical training opportunities available at ACSM. The students were impressed with the overall diversity of the audience and presenters. The weather was great and San Francisco did a fantastic job of hosting the conference. We hope more students will have opportunities to travel and present their research in the future.
The last academic year was a busy time for Dr. Ryan Mizner in his third year at UMPT. Dissemination of his scientific pursuits was one of his top priorities. He published two articles this past year, one in the Clinical Journal of Sport Medicine and the other in the Scandinavian Journal of Medicine & Science in Sports. He was also invited to write a commentary published in Exercise and Sports Sciences Reviews titled, “Emerging Perspectives Related to Quadriceps Central Activation Deficits in Patients with Total Knee Arthroplasty.” Ryan was senior author on a platform abstract for Combined Sections Meeting in February presented by one of New Direction’s clinicians and UM alum, Dr. Jess Malouf (08). The presentation described the clinical outcomes, including 3D motion analysis, of a patient with stroke who was treated by Jess using specialized locomotor training in the New Directions Gym. Ryan also guided three recent UMPT graduates who worked with him in the Movement Science Laboratory in presenting a poster at the 59th Annual Meeting of the American College of Sports Medicine in San Francisco this past May (see related story). Ryan is pictured here with his wife Janice and their 2 sons, Nathan & Connor.

Dr. James Laskin once again made the long flight to Chiang Mai, Thailand, this summer where he mentored 5 UMPT 2nd-year students through a variety of experiences. Dr. Laskin delivered an invited presentation at the PT School at the University of Chiang Mai that inspired lots of great questions and dialogue. James and the UMPT students spent a 2-hour lab session with 64 senior Thai PT students presenting on physical therapy for western patients. James was also pleased that during the student’s final reflective presentation to the Chiang Mai PT faculty, the students committed themselves to continuing the relationship between the two schools by way of recruiting and mentoring the next group of UMPT students and helping raise the necessary funds.

Clinical Assistant Professor Dave Levison was an invited presenter at the Graham Sessions, held this year in Charleston, South Carolina, on January 12-14th. Dave was part of a panel presentation discussing the cost of entry-level PT education and its impact on recruitment, retention and the profession overall. The Graham Sessions is an annual event designed to provide a think tank forum for safe, vigorous debate on issues that affect our profession.

Dr. Chuck Leonard attended the Annual European Neurology Conference in Prague, Czech Republic, in June this year. The conference explored a wide variety of topics including the cost/benefit of using neuroimaging and other new technologies to assist with clinical decision making.

The work being done in UMPT’s Motor Control Laboratory has taken on a considerable international flavor this past year. This spring semester the Motor Control Laboratory hosted the visit of Dr. Vinicius Cardoso from the Federal University of Piaui (Brazil). Dr. Cardoso is a former student of UMPT faculty member, Dr. Alex Santos. Dr. Cardoso is now an active collaborator with Dr. Santos and contributing to the work done in the Motor Control Laboratory. In addition to Dr. Cardoso, another important collaboration for the laboratory comes from Dr. Tjeerd Boonstra from The University of South Wales in Sydney, Australia. The combined efforts of these researchers are helping to provide high-quality scientific inquiry into the processes of multi-muscle control during the execution of postural tasks.

A new science advisory from the American Heart Association was published in the journal Circulation on Jan 30, 2012. It calls on inpatient and home health care teams to implement a coordinated effort to promote outpatient cardiac rehabilitation (CR) to eligible patients. Dr. Reed Humphrey, Chair of UMPT, was a coauthor on this important document. “Despite the well-documented benefits, outpatient cardiac rehabilitation referral and participation rates remain disappointingly low,” write the authors. Therefore, a primary goal of the science advisory aims to better define the role of key health care professionals in both the inpatient and home health settings to ultimately improve participation in cardiac rehabilitation.
We are excited to welcome Nils Jackson as our second resident to the UMPT Sports Residency Program. Nils is a 2000 graduate of The School of Physical Therapy and Rehabilitation Science and brings with him international experience and a great sense of humor. Nils built and expanded a comprehensive high school athletic training/sports program at the American School in London. He became a medical team leader for the International Schools Sports Tournaments primarily in Europe. Nils is certified as a United Kingdom Rugby Immediate Trauma Emergency Responder and worked for the Ministry of Defense as a Senior Physical Therapist. In the US, Nils worked and mentored three years with physical therapist William Spivey in Alaska, who is a leader with the American College of Sports Medicine and treats many university and national athletes.

Nils, who has a professional teaching degree, also volunteered to help improve the anatomy teaching of surgical candidates through his work with the Royal College of Surgeons of England. We will use his skills and experiences in the physical therapy program as a teaching assistant in various classes and as a staff clinician in the UMPT Clinic. Nils will be working on advancing his research skills with Dr. Ryan Mizner in the Biomechanics Lab and refreshing his knowledge of American football injuries this fall at The University of Montana’s Rhinehart Athletic Training Center. Additionally, he will be mentoring with Lindsey Ross, ATC, at Hellgate High School, physicians and other medical professionals at the Curry Health Center, exercise physiologists in the Health and Human Performance Department and with physical therapists at UMPT Clinic and Alpine Physical Therapy.

One of the main goals of the Sports Residency Program is to graduate residents who have the skills and knowledge to become APTA Specialty Board Certified Practitioners. We congratulate our first resident, Jamie Terry (Class of 2011), who recently passed the Sports Physical Therapy Specialty Exam. Graduating from a credentialed residency program allows you to sit for the exam and obtain the other qualifications to become Board Certified through the American Board of Physical Therapy Specialties (ABPTS). A physical therapy residency program is a planned program of didactic and clinical experiences based on the description of specialty practice to ensure a candidate acquires these necessary skills and knowledge to become a specialist in an area of practice.

The UMPT Sports Residency Program was officially credentialed in January, 2012, by the ABPTS and will receive recognition at Combined Sections Meeting 2013. UMPT’s program becomes one of only 20 APTA-credentialed sports clinical residency programs in the United States. We hope you will join us at the awards ceremony in San Diego this year. If you would like more information about our residency program, please contact Brenda Mahlum, UMPT Sports Residency Director, at 406-243-5189; brenda.mahlum@umontana.edu. Application materials and additional information are available at the UM School of Physical Therapy and Rehabilitation Science Website.

UMPT’s Clinical Education Program

UMPT’s Clinical Education Program continues to send students far and wide for their internship experiences. From Bellingham to Billings and Honolulu to Havre, we rely on alumni and others to share their time and expertise training the next generation of University of Montana physical therapists. We thank all of you who have served UMPT as Clinical Instructors. If you would like to be part of our Clinical Education Program, please contact Dave Levison at david.levison@umontana.edu. If your organization is already part of our program, let us know how we can serve you better with any clinical education issues. We are still an active member of the Northwest Intermountain Consortium (NIC) of Clinical Education Programs. NIC’s annual conference will be held in Park City UT, September 21-23, 2012. Please contact us if you are interested in a brochure and learning more.

Changes for UMPT’s Nora Staael Evert Physical Therapy Clinic

We are excited about the physical renovations taking place this summer for the Nora Staael Evert Physical Therapy Clinic. We will also merge the existing physical therapy services provided on campus into one entity. We adopted UMPT as an identity for each component within the Nora Staael Evert Physical Therapy Clinic. We are staffed with PTs who are APTA Board Certified in Orthopedics, Neurology, and Sports Physical Therapy, and are looking forward to our second year as a Sports Residency clinical site. The Nora Staael Evert Physical Therapy Clinic continues to provide year round internship opportunities for our entry-level DPT students in addition to offering experiences to graduate level pharmacy students.

Another valuable service provided to the UM campus and the Missoula community is the UMPT New Directions Wellness Center. This is a community accessible gym staffed by UM students and managed by our gym coordinator, Molly Blair, CES, CIFT. The New Directions Gym will continue to provide assisted exercise programs to individuals with chronic disease and mobility impairments in addition to assisting with the body weight support and functional electrical stimulation programs. New Directions also offers interdisciplinary experiences working with disabled individuals to our entry-level DPT students and to undergraduate students from the School of Social Work and the Health and Human Performance program.

The Student Run Clinic had another successful year of operation. This has been the 4th year since its inception. These rehabilitative and wellness services provided by PT students with supervision from a PT are offered each semester to individuals without health insurance referred from Partnership Health Center. Students and patients report a high level of satisfaction with their experiences.

I hope that you can join us for our grand re-opening party for the Nora Staael Evert Physical Therapy Clinic this fall! If you would like more information on our clinic programs, please contact Sue Ostertag, PT, DPT, NCS - Clinical Assistant Professor/Director, Nora Staael Evert Physical Therapy Clinic. susan.ostertag@umontana.edu
UMPT Griz in Cat Country

Many UMPT alumni have ended up living and practicing in Bozeman, MT, the heart of Cat Country. Bozeman Deaconess Hospital is one employer with a large number of UMPT alumni. When it comes to Cat–Griz games there is a mix of allegiance and always some good-natured ribbing. But all are proud UMPT graduates.

UMPT “Line-up” at Bozeman Deaconess Hospital Campus

- Rita (Prinkki) Pascoe (2008) practices outpatient orthopedics and specializes in neurological cases.
- Anna Kalkwarf (2008) works in outpatient rehab with a special interest in lower extremity as well as cancer treatment.
- Colleen Hatcher (1988) as a season ticket holder for UM football, leads the cheers for the Griz and is the Manager of BDH Physical Rehabilitation.
- Morgan York–Singer (2009) practices outpatient orthopedics and is the women’s health specialist at BDH and a die-hard Griz fan.
- Angie DeWispelaere (2008) is the lead therapist for neuromuscular and chronic pain in outpatients.

Not pictured are Leslie Brandt (2009) and Marchelle (Axtman) Springer (2001), a Bobcat fan through and through. Both work in acute care.

BDH crew at The Ridge Athletic Club satellite office

- John Perdaems (1992) an obvious Bobcat fan works outpatient orthopedics and specializes in treatment for patients with Parkinson’s.

Amanda (Blaz) Fehrer ’06 was married to Kyle Fehrer, brother of Andi Michalson ‘06, on September 24, 2011, at the Rockin’ TJ Ranch in Bozeman, MT. They are expecting their first child in November. Amanda works at MOSAIC Rehabilitation in Belgrade, MT, specializing in women’s health.

Brian Miller (1998) of Kalispell and part owner of Advanced Rehabilitation Services, participated in the Grizzly Man Adventure Race this April outside of Missoula. This event drew about 120 racers who biked, boated and ran their way over the course in search of checkpoints. Brian was joined by 2 others to make up Team No Surrender. They completed 23 of the 60 check points in just over 11 hours which gained them second place. This finish earned them an invitation to the Adventure Racing Association’s national competition this October in New York’s Catskill Mountains. We wish Brian and his teammates the best.

Congratulations to Hannah (Triphan) Zajac (2007), who passed the NCS exam in 2012!

Megan (Longenecker) Gilbert (2008) and her husband welcomed their son, Oliver Luke, on April 18, 2012.

Alumni News
UMPT Students Make Connections in Thailand

Second-year PT students Heidi Biehl, Kelly Shields, Kelsey Turner, Tori Moffett and Andy Thomas, accompanied Professor James Laskin to Thailand, the land of smiles. They had a great time volunteering their PT skills in a variety of clinical environments to assist people in all stages of life. They assisted Thai PT students in providing hippotherapy and aquatic therapy for children with neuromotor impairments alongside their dedicated, upbeat and astonishingly trusting parents. The students led a strengthening program at a small village for individuals with spinal cord injuries and admired local crafts and gardens. At an assisted living facility, Andy enjoyed a few duets with one of the talented patients. Heidi jumped in on an initial evaluation of a fellow soccer player at the Chiang Mai University gym. They were all impressed by “Thai innovations” that made PT possible with simple, on-hand items.

The students came away seeing the huge potential here for UMPT students to learn and contribute. This trip was also a great opportunity for them to discuss and enrich the relationship with the faculty at Chiang Mai University’s PT department and further encourage an exchange program for faculty and students. The students are so grateful to the Chiang Mai faculty for making time in their very full schedules to introduce them to the Eastern medicine that flavors PT practice in Thailand. The group felt fortunate to be able to observe acupuncture treatments, and enjoyed practicing the acrobatic nature of Thai massage. In exchange, they taught Thai PT students about the expectations a potential western patient may have regarding PT evaluation and treatment. This teaching experience required and allowed them to reflect on their own experiences expectations in a country halfway around the world.

Before the students joined James Laskin for the more academic portion of the journey, their Thai trip started out with adventures in southern Thailand for some personal time to recharge after completing the second year of PT school. They spent some appreciated R&R soaking up the sun, body surfing, climbing, snorkeling and exploring. From there they traveled in Northern Thailand in the Chiang Mai and Chiang Rai provinces, learning about Thai culture, history, Buddhism, meditation, and continued to expand their healthy appreciation of Thai cuisine. It was an incredible trip with plenty of shared smiles.
THANK YOU DONORS!

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