


Physical Therapy
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

UNIVERSITY OF COLORADO PHYSICAL THERAPY PROGRAM ANNUAL NEWSLETTER 2019

By the Numbers

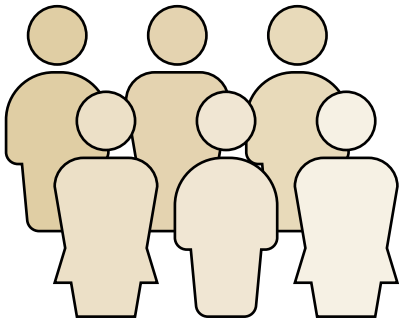
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Program Ranking

By U.S. News & World Report (2016)

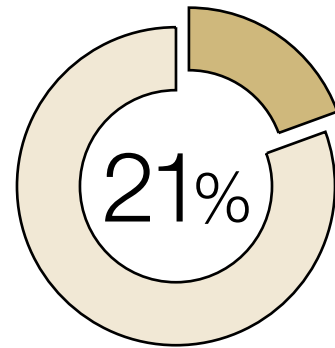


386 Clinical Sites and Partners



67 Students

in the Class of 2020



Of the Class of 2020 identify as an underrepresented minority

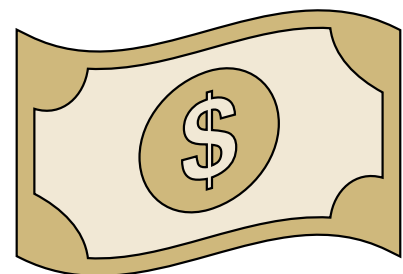
CU PHYSICAL THERAPY

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Associate Dean, Physical Therapy Education

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\$218,000

Disbursed in scholarship funds for
the 2017-2018 academic year



Letter From The Director

The CU PT Program completed another terrific year, with numerous successes of our students, faculty and staff. Among the many highlights of 2018 are the following:

Venu Akuthota, MD assumed his position as Chairman of the Department of Physical Medicine and Rehabilitation (PM&R) in January. Under his leadership, the department collaborated with the PT Program to renovate the research space formerly known as the Gersten Education and Research Office (GERO). This newly renovated space, now called the Rehabilitation Science Consortium, houses research assistants, PhD candidates, post-doctoral fellows, and DPT students who participate in faculty research. It also encompasses the Interdisciplinary Movement Science Laboratory (IMSL) and has telehealth capabilities.

In June, we welcomed 67 new students to the Class of 2020. Congratulations to the Class of 2018, who graduated in December. I take great pleasure in welcoming each member of the class as a colleague. Our students and alumni continue to amaze us with their abilities.

Amy Nordon-Craft, PT, DSc was promoted to Associate Professor and Mark Mañago, PT, DPT, PhD, NCS completed his PhD and was promoted to Assistant Professor. Congratulations to both for their hard work and well-deserved success. One large initiative was an educational day focused on the opioid crisis. We are so appreciative of the number of colleagues with national prominence who joined faculty from the PT Program, PM&R and the School of Medicine at large to discuss this difficult topic. (See Pg. 2)

Colleen Kigin, PT, DPT, MS, MPA, FAPTA (Class of 1970) was welcomed as Chair of the Scholarship and Endowment Board. We are very grateful for her efforts on behalf of our students. Scholarships to support physical therapy students' education have continued to grow, with five new named scholarships established by year's end through the generous support of alumni and community business partners. This brings our scholarships and endowments to nearly \$4 million with \$218,000 given in 2018 to exceptionally grateful students. I cannot begin to express my gratitude to those who have generously donated to this endeavor and to our Scholarship and Endowment Board members for their commitment and efforts. (See Pg. 7)

Finally, I look forward to transitioning from the Program Director position once the search for a new Program Director is completed. It has been a tremendous privilege to lead the CU PT Program over the past 14 years. I am grateful to our students, faculty, staff, alumni, clinical partners, colleagues and friends for unwavering support of our efforts. Our success is truly a reflection of the strong support from all of you – we are indeed fortunate.

Sincerely,

A handwritten signature in black ink that reads "Margaret Schenkman". The signature is fluid and cursive, with a long horizontal flourish extending to the right.

Margaret Schenkman, PT, PhD, FAPTA
Professor & Director, Physical Therapy Program
Associate Dean, Physical Therapy Education

Interdisciplinary Solutions Encouraged at Opioid Educational Day



Robert Saper presents an overview of the opioid crisis.

The Physical Therapy Program, co-sponsored by the PT Program Scholarship and Endowment Board and the PT Alumni Association (PTAA), held an educational day on September 17, entitled, “Pain & Healthcare in Society: Changing Attitudes, Behaviors and Health Systems to Address the Opioid Crisis.” Over 250 students, alumni, community members and representatives from various disciplines across the campus attended.

The event was focused on improving pain management through a better knowledge of systems-level barriers to achieving effective collaboration, a deeper understanding of pain management across healthcare disciplines and examples of innovative approaches to pain management and collaboration.

“It was great to see a strong alumni presence engaged in the event,” noted PTAA President Timothy Loar, PT, DPT. “As we focus on a holistic approach to health care delivery, it’s important to educate ourselves on various perspectives and delivery models.”

The event welcomed speakers from other areas of the Anschutz Medical Campus including Venu Akuthota, MD, Chair of the Department of Physical Medicine & Rehabilitation, Rob Valuck, PhD, RPh with the School of Pharmacy and Daniel Goldberg, JD, PhD with the Center for Bioethics and Humanities. Participants from other institutions included Colorado Representative Chris Kennedy and national thought leaders: Anthony Delitto, PT, PhD, FAPTA, Dean of Rehabilitation Science, the University of Pittsburgh; Alice Bell, PT, DPT of the American Physical Therapy Association (APTA); and Robert Saper, MD, MPH, Boston University.

“The scope of the opioid crisis and the challenges of caring for people with pain are sometimes overwhelming,” noted Andrew Kittleson, PT, DPT, PhD, core faculty member, Physical Therapy Program. “This event showcased so many brilliant and compassionate people, both nationally and right here in our community, who are working to make a difference.”

Areas of discussion included:

- The history and scope of the opioid crisis
- Barriers and opportunities for interprofessional collaboration
- Examples of innovative solutions
- Ideas for managing pain holistically, equitably and effectively



(From L to R) Faculty members Amy McDevitt and Andrew Kittleson with Regis Physical Therapy Program Assistant Dean Ira Gorman and State Representative Chris Kennedy.

Following a day of presentations, a core group of professionals met to brainstorm action items for the Physical Therapy Program, UHealth and the Anschutz Medical Campus community. Additionally, as part of the CU Center for Interprofessional Practice and Education Open Campus Program, the Physical Therapy Program hosted a seminar on October 4 to summarize the major learning themes from the event and solicit additional ideas titled, "Navigating the Chronic Pain & Opioid Journey." The 2019-2020 focus of the Open Campus series will be on pain and the opioid crisis. The program is committed to looking at further opportunities within the curriculum, governmental affairs, the APTA, Program Boards, Interprofessional Education and hospitals to reinforce commitment to the crisis.

Special thanks to our sponsors: RehabVisions, Aegis Therapies and New Health.



In Memoriam

The Physical Therapy Program offers condolences to the family and friends of Neil Bower, who passed away on October 1, 2018 at the age of 95. Neil was a member of the program's fourth graduating class, the Class of 1951.

Along with his wife Shirline, and daughter Nancy Hillmer, who is an occupational therapist in Colorado, Neil was able to attend the program's 70th Anniversary. "We offer our condolences to the Bower family," noted Program Director Margaret Schenkman. "Neil was able to join us in 2017 for our 70th celebration and was the oldest alum in attendance. It was wonderful to meet him and his family."



Neil Bower, Class of 1951, with Linda Hannen, Class of 1970, at the Physical Therapy Program's 70th Anniversary Celebration.

After serving in World War II and attending school at Southeast Missouri State College, Neil and his wife moved to Colorado so that he could pursue physical therapy at the University of Colorado. In 1951, the polio epidemic was at its peak, and Neil helped to develop a nationally recognized rehabilitation center at Alton Memorial Hospital in southern Illinois, which served hundreds of polio patients. He remained there for the next 33 years. After retiring from the hospital in 1985, he continued working as a physical therapist in two different school districts. During the next 20 years, he was also employed by a rural home care agency through the Jersey County Health Department.

After 58 years as a physical therapist, in 2008 Neil quietly retired from physical therapy in Louisville, CO.

What's Happening for CU Physical Therapy?

FACULTY UPDATES

Cindy Armstrong, PT, DPT, CHT was elected to a three-year term on the APTA Board of Directors.

Cory Christiansen, PT, PhD was awarded the Dean's Doctoral Mentoring Award. Cory was also appointed Chair of the Foundation for Physical Therapy's Scientific Advisory Committee.

Lisa Dannemiller, PT, DSc, PCS was chosen as an Exam Development Coordinator for the National Licensure Exam with the Federation and State Boards of Physical Therapy.

Robyn Gisbert, PT, DPT and **Mark Mañago**, PT, DPT, PhD, NCS, as recipients of the University of Colorado President's Fund for the Humanities Grant, organized "The Experience of Dance & Parkinson's Disease," a Film Screening, Panel Discussion and Dance Experience held in the fall.

Andrew Kittelson, PT, DPT, PhD and **Dawn Magnusson**, PT, PhD were accepted to the NIH K12 Comprehensive Opportunities in Rehabilitation Research Training (CORRT) Program.

Wendy Kriekels, PT, DPT, NCS served as interim Director of Education for the Academy of Neurologic Physical Therapy.

Mark Mañago, PT, DPT, PhD, NCS successfully completed his PhD and was promoted to Assistant Professor.

Amy McDevitt, PT, DPT, OCS, FAAOMPT successfully defended her thesis proposal to pursue her PhD at the University of Newcastle in Australia, with plans of graduating in January 2023. She was also awarded the Dick Erhard First Place Overall Platform Presentation at the 2018 AAOMPT conference, best research platform for her talk on The Accuracy of Biceps Tendon Palpation by Physical Therapists.

Paul Mintken, PT, DPT, OCS, FAAOMPT was selected to receive the 2018 School of Physical Therapy's Professional Achievement Award from Regis University. Paul was the recipient of the James A. Gould Excellence in Teaching Orthopaedic Physical Therapy Award at the 2019 APTA CSM in Washington, D.C.

Amy Nordon-Craft, PT, DSc was promoted to Associate Professor.

Joe Palmer, PT, DPT, was elected Chair of the APTA Northwest Intermountain Clinical Education Consortium for 2019.

Mike Pascoe, PhD assumed the role of Secretary Treasurer of the Colorado State Anatomical Board.

Mary Jane Rapport, PT, DPT, PhD, was selected as the recipient of the APTA Early-Investigator Research Fellowship for the academic year 2018-2019.

Jenny Rodriguez, PT, DPT, MHS was invited to serve as an expert on a Clinical Education Strategy Group put together by the APTA, the Education Leadership Partnership, the American Council of Academic Physical Therapy and the Academy of Physical Therapy Education.

Jennifer Stevens-Lapsley, PT, PhD was appointed to the Physical Therapy Journal Editorial Board. She was also appointed to the National Institutes of Health (NIH) NCMRR National Advisory Board on Medical Rehabilitation.

STUDENT UPDATES

The University of Colorado's PT Program won 3rd-place in the 2017-2018 Mercer-Marquette Challenge with a fundraising total of \$30,111.38, which is contributed to the Foundation for Physical Therapy to fund research for the profession. Special thanks to this year's Marquette speakers **Dan Malone**, PT, PhD, **Amy Nordon-Craft**, PT, DSc, **Kyle Ridgeway**, PT, DPT, **John M. Woolf**, MS, PT, ATC, COMT and the team Chelsea Boyd, Callan Curtis, Marie Dreher, Megan Jaeckel, Kevin McHugh, Katie Robeson, Corey Rovzar, Kristen Townsend and Beth Wood.



(From L-R): Dawn Magnusson, PT, PhD, Kristen Townsend and Marier Dreher are awarded their 3rd-place plaque, as presented by Edelle Field-Fote, PT, PHD, FAPTA, President/Chair, Foundation for Physical Therapy.



Virginia Arnett stands alongside Amy Nordon-Craft with her poster.

Each year, the program recognizes the top capstone presentation of the upcoming graduating class. This year, **Virginia Arnett** was recognized for her project focused on pelvic organ prolapse (POP). Additionally, Virginia's presentation was accepted as a poster presentation for the 2019 Combined Sections Meeting in Washington, D.C.

Jason Falvey, PT, DPT, PhD, a recent graduate from the PhD in Rehabilitation Science Program, recently published an article in *The Journal of Bone and Joint Surgery (JBJS)*, titled, "Home-Health-Care Physical Therapy Improves Early Functional Recovery of Medicare Beneficiaries After Total Knee Arthroplasty" in the October 17, 2018 issue. Co-authors include Physical Therapy Faculty members Michael Bade, PT, DPT, PhD, OCS, FAAOMPT and Jennifer Stevens-Lapsley, PT, PhD, as well as Robert E. Burke, MD, MS, Jason M. Jennings, MD, and Eugue Nuccio, PhD.



Jason Falvey, PT, DPT, PhD, **Allison Gustavson**, PT, DPT, and **Matt Miller**, PT, DPT, NCS received PODS II scholarships from the Foundation for Physical Therapy. PhD Program Director Jennifer Stevens-Lapsley noted, "Usually, there are around eight awards across the country and our students received three of these awards."



Paul Kline, PT, PhD, post-doctoral fellow, was awarded a TL1 post-doctoral fellowship from the Colorado Clinical & Translational Sciences Institute (CCTSI), a training track focused on providing clinical-translational experiences for PhD candidates.

Research Lab Undergoes Renovation

Research is an essential component in the mission of the University of Colorado's Physical Therapy Program. The creation of new knowledge is essential in informing clinical practice and education, and has been a key source of the profession's progress over the past few decades.

The program is supported by six core laboratories on the Anschutz Medical Campus, in addition to a variety of satellite laboratories and clinical research sites located across the campus and surrounding community.

Committed to research endeavors, the former spaces that housed the Gersten Education and Research Office (GERO), Human Performance Lab (HPL) and the Interdisciplinary Movement Science Laboratory (IMSL) were renovated over the latter part of 2018 to create the newly established Rehabilitation Science Consortium. The consortium is designed to be a shared workspace and meeting place for PhD students, post-doctoral fellows, residents and research assistants who conduct research with faculty in the Physical Therapy Program and other collaborations on campus.

Shortly after bringing the program to the Anschutz Medical Campus, the program's research undertakings grew significantly. The renovation was made possible with funds from the PT Program and contributions from the Department of Physical Medicine & Rehabilitation. The Consortium has three rooms for telehealth, an interactive conference room and communal, open areas that allow for better utilization of space for a growing research team.

"The Consortium allows us to have a centralized collaborative hub for our various research endeavors," said Jennifer Stevens-Lapsley, PT, PhD, Director of the Rehabilitation Science PhD Program and PT faculty member.

Current research efforts are focused around rehabilitation clinical trials, health services research, personalized rehabilitation, targeting mechanisms of movement dysfunction and translational rehabilitation technology.

On May 8, 2019, the program will hold an open house for the Consortium, showcasing the space and the current research that is being done.



Message from the Chair of the Scholarship and Endowment Board

Dear Colleagues:

It is my great pleasure to serve as Chair of the Physical Therapy Scholarship and Endowment Board, succeeding Joel Larmore. During the leadership of Pat Grant as the first chair, and Joel as the second, the PT Scholarship and Endowment Board has raised the profile of the CU PT Program and taken philanthropic giving to a truly impressive level. The value of the CU Physical Therapy Program's Endowment is nearly \$4 million, which includes planned giving and other outright gifts. Funds designated for the purpose of scholarships now exceeds 15 and individual benefactors have stepped in to name a total of five new endowed scholarships just in the past year.



Colleen Kigin with former Chair, Joel Larmore.

At a recent Scholarship and Endowment Board retreat, the Chairs of the program's Admissions and Scholarship Committees shared the importance of these funds to potential and current students. I hope you will enjoy reading the stories in this newsletter highlighting scholarship recipients, as well as named scholarships, which are endowed scholarships that are established in memory of a loved one or to honor an individual's contributions. I had the opportunity to meet many of our current students at our recent Educational Day on the opioid crisis and alternative care. They are talented, committed and energetic, building the future of our profession.

In addition to named scholarships, each and every contribution, no matter the amount, is important! As we celebrated our 70th Anniversary in 2017, we received a hand-written note from an alumna, from the first graduating class in 1948, who contributed \$25 with a note expressing heartfelt appreciation for our program. It so touched me, that an individual in her 90's understands and values our profession, and gives according to her ability. To me, this was equally as important as any contribution we received!

I am also pleased to announce that we have a new PT Scholarship and Endowment Board member, Andrew (Andy) Levy. Many of you are familiar with Andy and his longtime practice in the profession in the Denver area. Andy's father was a graduate of the first CU PT graduating class and the family recently honored the memory of their father with one of the named scholarships, highlighted in the accompanying article. Andy is a thoughtful and forceful leader in our profession and we are very pleased to welcome him to our Board.

If you should have questions on the needs of our students, how the Board is moving to its next challenge of increasing the number of alumni who contribute, or the increased goal for additional named scholarships, please let me know. I can be reached at cmkigin@gmail.com and I would welcome hearing from you!

On behalf of the entire Board, faculty, student body and myself, I thank each of you who has contributed to the scholarship and endowment funds.

Colleen Kigin, PT, DPT, MS, MPA, FAPTA
Clinical Professor, Physical Therapy Program
Chair, Scholarship and Endowment Advisory Board

Scholarship Funding Continues to Grow with Named Scholarships

We are pleased to announce that five new scholarship endowments have been established through the efforts and leadership of both the CU Physical Therapy Scholarship & Endowment Board (SEB) and the CU Office of Advancement in 2018. These scholarships advance our shared mission to ensure money is never an obstacle to attract the best students, recruit talented faculty and support other essential functions of the Physical Therapy Program.

The Bookstein and Krapfl Endowed Physical Therapy Scholarship Fund has been established through the collective generosity of former faculty members Nancey Johnson Bookstein, PT, EdD and Betti Krapfl, PT. Additionally, the Denise Stelzner, PT, MBA Endowed Scholarship Fund has been created by an anonymous donor who was inspired by Stelzner's work as a clinician and educator. Each scholarship will support students who demonstrate commitment to their communities, professionalism and academic merit, as well as financial need.

The Hutchison Scholarship Endowment was established by SEB board member George "Buck" Hutchison III and his wife, Marijane Hutchison. The scholarship will invest in students who are from and/or intend to practice in an underserved rural community, while also considering financial need and academic merit.

We are grateful that the above scholarship funds were established in response to a matching incentive fund made possible through CU Medicine, the faculty practice at the University of Colorado School of Medicine.

The Herbert J. and Sandy Levy Endowed Memorial Fund was awarded for the first time in 2018. The scholarship was established by the Levy family to honor their father, a pioneer in the profession. The Levys were firmly committed to providing exceptional care and made their work a family endeavor, with one son becoming a physical therapist, while another son and grandson became physicians, all through the CU system. The scholarship is awarded to a student who demonstrates a commitment to the profession and CU Physical Therapy Program, while proving honorable actions and thoughts, generosity toward others, academic merit and financial need.

Interested in supporting these meaningful scholarships? Visit giving.cu.edu/physicaltherapy to contribute to these scholarships or find one more suited to your giving interests.

For additional questions, please contact Travis Leiker, Director of Development, at travis.leiker@ucdenver.edu or call 303-724-2754.

Additionally, program alumnus Joel Larmore, PT, and his wife Sharon, established the Larmore Family Endowed Scholarship Fund, which will support students who intend to practice in a rural community.

As a result, the Physical Therapy Program is able to fulfill its goal of attracting a diverse and exceptional student body who otherwise might not have the resources to pursue their degree. In 2012, when the SEB was created, the PT Program awarded just \$1,000 in total scholarship funding. In 2018, that total exceeded \$200,000 for the first time. Every contribution adds to the capacity to assist students. We thank each and every one of you who contribute to these efforts.



*(Front L to R) Betti Krapfl, Margaret Schenkman, Nancey Johnson Bookstein.
(Back L to R) Roger Krapfl and Joan Allyn Johnson.*

More about these outstanding benefactors:

Nancey Johnson Bookstein, PT, EdD (fondly known as Bookie), was a faculty member for 38 years, joining the program in 1978. Dr. Bookstein was a charter member of St. Benedict Health and Healing Ministry, an organization providing triage health care to the homeless, uninsured and underinsured in Boulder County. As an ordained Deacon in the Episcopal Church, she continues to care for marginalized populations by spearheading food and clothing drives and by participating in free health clinics. Her passion has always been to assist students of all disciplines to bridge the gap between their academic and professional expectations and helping students develop a deeper sense of community.



CU Medicine Scholarship recipients at a reception alongside School of Medicine Dean John Reilly, MD (back third from L), Program Director Margaret Schenkman, PT, PhD, FAPTA (front fourth from R), and Scholarship Committee members Lisa Dannemiller, Sharon Jordan and Wendy Kriekels.

George “Buck” Hutchison III, is a current member of the Physical Therapy Scholarship & Endowment Board. Buck is the Chairman and CEO of Hutchison Western, a manufacturer and wholesale distributor of livestock and equine equipment throughout rural America. Additionally, Hutchison serves on the Executive Committee for the Board of Directors for the National Western Stock Show and as Chairman of the Junior Livestock Auction.

Betti Krapfl, PT, was a member of the CU PT faculty from 1998 until her retirement in 2014. In addition to teaching, she served as the admissions coordinator, dedicating herself to mentoring prospective students from their initial interest in the program through matriculation and professionals. Betti has a deep commitment to altruistic service, mentoring students in participation with the Stout Street Clinic, the DAWN Clinic and teaching physical therapy in Bhutan in South Asia. She is also on the Board of Directors for Family Promise, an organization that provides temporary housing for families who are homeless. Betti is a role model and inspiration for students and faculty alike.

Joel Larmore, PT, is the President and CEO of RehabVisions. Founded by Joel and his brother Rick in 1983, RehabVisions staffs and manages therapy departments for hospitals, skilled nursing facilities and home health agencies in 11 states. A graduate of the Class of 1970, Joel and his wife Sharon have been very gracious supporters of the Physical Therapy Program. Joel also served as former Chair of the Scholarship & Endowment Board.

Herbert J. Levy, was a graduate in the first class at the University of Colorado in 1948, helped establish several physical therapy and rehabilitation programs throughout Denver, and developed one of the area’s first private physical therapy practices. His involvement in the field of physical therapy continued long after his retirement from practice in 1986. He valued his relationship with the program and was an ardent supporter.

Denise Stelzner, PT, MBA was a CU PT faculty member from 1985-2016. As an educator and clinician, Denise helped shape the program’s philosophy, embracing patient-centered care, incorporating the importance of discovering and understanding patient concerns, beliefs and values. She helped develop a curriculum that guides students to embrace clear clinical reasoning that is grounded in evidence, while reflecting a patient’s perspective. Denise left an indelible mark on patients, students, alumni and her colleagues.

Rebecca Kretschmer Altic

Class of 2019

Get to know Rebecca: Her hobbies include coffee drinking, playing soccer, gardening, swing dancing, and like most Colorado residents, spending time outdoors. Rebecca is a CU Medicine Scholarship Recipient and the 2019 Class President.

Tell us about yourself

I attended Thomas Aquinas College in California for my undergraduate degree in philosophy. The curriculum cultivated my passion for working with people on an individual level. After graduating, I worked for the nonprofit Ballotpedia, an online encyclopedia that curates unbiased political information for voters. It gave me a unique view into the nonprofit world.



Rebecca with her husband, Josh, and their dog Beasley.

“I am grateful to be part of a profession that values and recognizes the importance of listening to the patient.”

Why did you decide to pursue physical therapy?

It took me several years of prerequisite classes and shadowing different health professionals to realize that physical therapy was the right profession for me. When I began shadowing PTs, I was struck by their dedication to the future of the profession and their support of one another in the workplace. Additionally, I appreciated the time they took to collaborate with their patients and ensure they were heard.

What attracted you to the CU PT Program?

I was attracted by the excellence of the program, the interprofessional nature of the campus, the faculty and student community, as well as the adult learning environment. At CU, there are numerous opportunities to be involved in the wider medical community. Having choices for community involvement and the flexibility to pursue my own interests was highly important to me. It was clear with the CU PT Program that faculty and administrators respected my autonomy, interests and personal commitments.

What do you hope to see in the future of the profession?

The physical therapy profession has the difficult task of balancing three focuses: cultivating strong patient relationships, pursuing evidence-based practice and remaining financially viable. My hope is to see the profession remain committed to spending quality time with patients and prioritizing well-researched practice, despite the contradictory incentives placed on the profession by the healthcare system.

Have you developed a particular specialty or envision what you'd like to do after graduation?

After graduation, I plan to specialize as an Orthopaedic Certified Specialist either through self-study or a residency track. I have interests in both the orthopedic and neurological populations, and would like to combine skills from both areas to provide holistic care. I plan to continue my involvement in the education community as a clinical instructor and possible faculty member.

What does it mean to be a scholarship recipient, how does it impact the stress of your financial burden?

When I began at CU, I made a commitment to myself to attend at least one conference per academic year, but with financial stresses, I wasn't sure I would be able to. Having a scholarship from CU Medicine has allowed me to fully immerse myself in the profession without worrying about what sacrifices I would have to make to do so. I based a number of decisions on financial means, partially choosing CU because of its affordability in comparison to other programs.

What else are you involved in at CU PT?

I serve as Class President and APTA Representative. In addition to these positions, I also attend our annual campus Advocacy Day at the state capitol on behalf of the profession. I am also the donor relations coordinator for the nonprofit Move Together, which works to establish sustainable rehabilitation clinics globally and locally.

Clinical Instructor

Bryan Gorton, PT, DPT

Since 2000, the Clinical Education team has annually recognized an outstanding Clinical Instructor (CI) for their contributions of exceptional clinical teaching and mentoring of DPT students.

This year, Bryan Gorton, PT, DPT, was recognized at the Graduation Commencement. Currently a physical therapist at Parke Wellness Center in Burlington, CO, Gorton has been a Clinical Instructor since 2006.

Gorton is an alumnus of the program, graduating in 2004. "During my undergrad at University of Northern Colorado," said Gorton, "a friend suggested taking an Anatomical Kinesiology class taught by a PT named Gary Heise." Heise ended up influencing Gorton to a pre-PT major and eventual career choice.

Originally from Kit Carson County, Gorton was always interested in bringing PT back to a rural town. "We had a population of 400 people," he noted. "I feel strongly about my community getting quality care without having to travel to the city to get it." Unique to a rural setting, Gorton often tells his students that a rural community lends itself to seeing patients in and out of the clinic. "The people I treat I see at school functions, church, fairs, etc." Gorton said. "I have to make sure they know I am doing my best for them every time I see them."

Maggie Ruwitch, Class of 2018, spent time with Gorton for her first clinical experience. "Bryan works closely to provide his community with the highest quality care possible," she said, "developing a strength and conditioning program at the local schools, opening and running a new clinic in an underserved part of the county, and mentoring a local student who was interested in PT."

"Some of the students who come to me for their clinical rotations are from small towns, but most are from large cities," said Gorton. "When I take students, it has been and always will be my goal to have them experience things outside of the clinic that rural settings can provide, to hopefully get them interested about treating in these areas as well." Gorton aims to get students involved on his farm and ranch, working calves, riding ATVs and attending school events. "Those experiences really show students what living in a small community is like and get them to understand small-town while they're in the clinic" he said. "Their patients are real people with real families."

"He pushed me to gain independence and develop my clinical reasoning early on," said Ruwitch. "I was included in community events outside of PT, getting to know his family and friends and truly feeling like a part of the community."

In addition to working full time as a PT/Rehab manager, Gorton volunteers as a school board member, serves on the Area Health Education Center (AHEC) board, and runs a farm/ranch with his family. Gorton and his wife have two children, a 7- and 9-year-old.

Bryan Gorton accepts the Outstanding Clinical Instructor Award from Jenny Rodriguez, Director of Clinical Education.



"When I take students, it has been and always will be my goal to have them experience things outside of the clinic that rural settings can provide, to hopefully get them interested about treating in these areas as well."

Clinical Education: Learning in Practice

By Jenny Rodriguez, PT, DPT, DCE
Director, Clinical Education

We hope that 2018 treated you well. As always, we value and appreciate the relationships we have with our dedicated clinical partners. We are fortunate to have over 386 sites that our students are able to learn from and advance in our profession through the clinical partnerships.

VISION

The vision for our Clinical Education (CE) program is to create a culture of excellence based on strong academic and clinical partnerships. We look to our Clinical Education Advisory Board, alumni and clinical partners to engage in this process.

LEADERSHIP

Members of our clinical education team are local, regional and national leaders in clinical education:

Cindy Armstrong – Elected for a 3-year term on the National APTA Board of Directors

Joe Palmer – Chair, Northwest Intermountain Clinical Education Consortium

Jenny Rodriguez – Elected for a 2-year term as Chair of the Colorado APTA Clinical Education SIG; member of the national Clinical Education Strategy Group

Eric Sawyer – Co-Chair, Colorado APTA Awards Committee

SCHOLARSHIP

The CE Team provided several peer-reviewed presentations in 2018:

Combined Sections Meeting – New Orleans, LA

- Collaborative Model in Physical Therapy Clinical Education: the Impact on the Clinical Instructor Experience. **Catherine Bilyeu**, PT, DPT, OCS and colleagues from Regis University
- Quantifying Clinical Instructor Time in Student Mentorship During Full Time Doctor of Physical Therapy Clinical Experiences – A Pilot Study. **Joe Palmer**, PT, DPT
- Integration of the Acute Care Competencies to Enhance Doctor of Physical Therapy Student Preparation for Inpatient Settings. **Eric Sawyer**, PT, DPT, STC, OCS

Education Leadership Conference – Jacksonville, FL

- Development of an Innovative Training Program for Clinical Faculty Instructing in a Physical Therapy Program. **Catherine Bilyeu**, PT, DPT, OCS
- From Vision to Reality: Early Years of Implementing a Paid Yearlong Internship and Lessons Learned Along the Way. **Jenny Rodriguez**, PT, DPT, MHS and **Joe Palmer**, PT, DPT

Education Scholarship and Innovation Symposium – Anschutz Medical Campus

- Facilitating Success in the Clinical Environment: A Curricular Based Approach. **Cindy Armstrong**, PT, DPT, CHT

Northwest Intermountain Consortium Clinical Education Conference – Portland, OR

- How am I doing? Using Formative Feedback to Enhance CI and Student Performance. **Jenny Rodriguez**, PT, DPT, MHS and colleagues from University of Montana and University of Puget Sound

CURRICULUM: YEARLONG INTERNSHIP UPDATE

Building a cohort of consistent internship sites continues to be a fluid process toward full implementation. We remain committed to the internship model based on discussions with our internship sites and results from intern focus groups. We believe the yearlong internship is cost-effective for clinical sites, offering interns the opportunity to develop competence and confidence in their clinical skills both before and after graduation through ongoing mentorship; thus providing a seamless transition from student to new professional. Despite challenges, we learned in the post-internship focus groups that all who we spoke to would do it again! For more information, please contact **Jenny Rodriguez**: jenny.rodriguez@ucdenver.edu

CLINICAL FACULTY DEVELOPMENT

The CE Team provides professional development for clinical instructors (CI) to enhance clinical teaching and clinical skills. This includes content-specific update courses, training for specific clinical education experiences (such as ICE and CE III/Internship), as well as the APTA CI Credentialing Courses. We are also available to provide “Lunch and Learn” in-services upon request. **For more information, please contact Joe Palmer**: joe.palmer@ucdenver.edu

ASSESSMENT

This past year we implemented a more robust assessment plan for the Clinical Education Program that includes mechanisms for multi-directional feedback to be shared between clinical site CIs and Site Coordinators of Clinical Education (SCCEs), the CU PT Clinical Education Team and students. Following each clinical education experience, CIs and SCCEs are invited to provide feedback and request more specific feedback on their performance as well as one on one coaching for continued development.

PLANS FOR 2019

- Survey sites to obtain input on academic-clinical partnership; CU PT Clinical Education Program; and SCCE/CI needs
- Focused outreach to our rural partners
- Enhance alternative and technology-driven delivery of clinical faculty development opportunities
- Implement a new model of classroom-based instruction to prepare students for their clinical experiences
- Promote clinician involvement in the CO APTA Clinical Education Special Interest Group



Class of 2019 Students at clinical sites during their recent integrated clinical education (ICE).



Commitment to Diversity

The CU PT Program is committed to expanding the student body diversity to be representative of the communities served in Colorado. These efforts are led by the Recruitment and Admissions Committee (RAC) and the Diversity & Inclusion Committee. “A commitment to diversity and inclusion is found at all levels of the University of Colorado, including the Anschutz Medical Campus, the School of Medicine (SOM) and the Physical Therapy Program,” said Lisa Dannemiller, PT, DSc, PCS, Assistant Professor, Chair of the Recruitment and Admissions Committee. “Evidence supports the fact that diverse teams in medicine have better outcomes.”

Recognizing the value that diversity brings to medical education, the Physical Therapy Program strives to:

- Recruit and retain a diverse group of students, faculty, and staff
- Create a culture for students, faculty, and staff that enhances learning, supports career development, fosters respectful discourse and promotes equity
- Prepare students as leaders for practicing in diverse communities and healthcare settings

Over the past three admissions cycles, the program has incorporated a “holistic review” as part of the application. The holistic review is designed to capture qualities such as leadership, commitment to the profession, volunteerism and an understanding of disparities. These attributes are weighed with grade point average and GRE scores. As a result, diversity of the student body has increased markedly. For example, in one year, there has been an 11% increase in students who identify as an underrepresented minority.

“From recruitment efforts with middle and high school students, to efforts that value diversity in the applicant experience, the RAC continues to refine our processes to better serve our communities,” noted Dannemiller.



The SOM adopts a definition of diversity that embraces race, ethnicity, sexual orientation, gender identity, disability, religion, political beliefs and socioeconomic status. The definition of diversity also includes life experiences, service, employment and other talents and personal attributes that can enhance the scholarly, clinical care and learning environment.

The Diversity & Inclusion Committee’s intention is to foster a respectful, diverse and inclusive environment. CU PT is also fortunate enough to have increased the number of scholarships dedicated to diversity over the past five years.

“The health care system in our country is in desperate need of innovative and equitable solutions that meet the needs of a socially diverse society,” added Dawn Magnusson, PT, PhD, Assistant Professor, Chair of the Diversity and Inclusion Committee. “Students who attend diverse programs and engage with diverse community members are better equipped to care for increasingly diverse clinical populations.”

Achieving diversity within health care education enhances the quality of education provided, promotes student and faculty achievement, strengthens community partnerships and informs the development of innovative models of service delivery that seek to reduce health disparities.

“We are committed to reshaping the diversity of our students, faculty and staff in a way that reflects the racial, ethnic, socioeconomic and geographic diversity of our clients and communities,” said Magnusson. “We also work to foster an environment in which a broad range of ideas, beliefs and perspectives are encouraged.”

Mitsuyoshi Smyth

Class of 2019

Get to Know Mitsu: Mitsu is the 2018 Herbert J. and Sandy Levy Endowed Memorial Scholarship Award recipient. When not busy with the demands of the PT Program, he enjoys running, cycling, hiking with his wife and dog or playing the drums. Fun fact: Mitsu and his wife had to pack up and hit the road to Colorado from New Jersey just two days after their wedding to make it in time for the start of class when he was accepted to CU PT!



*Mitsuyoshi Smyth with Andrew Levy
at a scholarship reception.*

Tell us about yourself

I consider California home and took an unorthodox path to get to grad school. For two years after high school, I was volunteering with a group in Seattle, WA and got to travel to Mozambique, Korea, and the Philippines to meet with students and run leadership development classes. I went to community college and transferred to Cal Poly where I finished my undergrad in Kinesiology. I worked as a rehab tech for five years and coached high school wrestling before entering the CU PT Program.

Why did you decide to pursue physical therapy?

Having been an athlete in high school and a coach afterward, I have always been interested in sports, movement and health. I was initially interested in being an engineer, but found out that it required way more math than I was prepared to do and didn't seem like something I would be happy with long-term. PT combined all the things I loved: movement, health, science and working with others.

What attracted you to the CU PT Program?

CU has a great reputation and its emphasis on manual therapy was a big draw for me. Many of the great PTs I've worked for had manual therapy backgrounds so it was a "must" for me when selecting my school. The campus here is amazing and I found the opportunities for inter-professional interaction to be very intriguing. The faculty is one of the biggest things that sold me about CU. During the admission interview weekend they were so engaged with everything going on and everyone around them.

What are the faculty at CU like?

I honestly feel very grateful to have faculty like we do because they really want us to be successful. They go the extra mile to provide us with a quality experience and genuinely care about us as people and how we are coping and balancing life through this rigorous program.

What has been your favorite part of the CU PT Program so far?

I think getting to know my classmates more and just taking on this challenging and rewarding program together has been my favorite part thus far. It is difficult, but I am lucky that I have great people around me to push me, help me and provide camaraderie along the way.

What do you hope to see in the future of the profession?

I would hope to see more patient interaction time and less time spent in front of computers. We are in a very special position to impact our patients and connect with them as we help them in their journey to wellness.

What does it mean to be a scholarship recipient?

I am honored and grateful that people are willing to help support students like myself. It really is a lifesaver and I hope to someday do the same thing for other students. It helps me focus more on learning how to be a physical therapist and help people.

What else are you involved in at CU PT?

I am involved with the Recruitment and Admissions Committee as a student representative from my class. I also participate in Stout Street Clinic and provide physical therapy services to the homeless and uninsured. It is a great way to practice my skills while doing meaningful work for people who have a significant need.



Alumni Corner

The Physical Therapy Alumni Association (PTAA) is pleased to welcome new leadership, after Alyssa Arms, PT, DPT, OCS, Class of 2010, generously lead the charge for four years.



Tim Loar, DPT Class of 2016, took over as President in July. He currently works for Teneo Health, which specializes in self-funded employer benefit solutions, providing healthcare provider perspectives in an account management role. Additionally, he is an active member on the program's Scholarship and Endowment Board. *(1 - Past President Alyssa Arms with current President Tim Loar)*



Tim has a background in financial analytics, receiving his Bachelor of Arts in Business Administration from the University of Colorado Denver. Prior to his current professional role, he was employed as a staff PT for a local private practice outpatient orthopedic practice, and as a Professional Research Assistant for the University.



Additionally, the PTAA welcomed Sarah Poiniski-McCoy, PT, DPT, Class of 2017, in the role as Vice President. Sarah is currently at UCHealth - Anschutz Outpatient Pavilion, having recently completed her yearlong internship with a focus primarily on neurological conditions.

Sarah has a background in dance and creativity, receiving her Bachelor of Fine Arts in Dance Performance from the University of Cincinnati College-Conservatory of Music. She also has a passion for research and advocacy, and was heavily involved in those efforts during her time in the program. *(2 - PTAA Vice President Sarah Poiniski-McCoy)*



Class of 2008 Reunion

Alum from the Class of 2008 gathered in September both for a family picnic in Stapleton as well as an evening celebration at Comrade Brewery.

(3, 4, 5 - 2008 Alumni Reunion)

The PTAA took a load off of current students by providing breakfast leading up to finals week. *(6 - Student breakfast)*



Alumni Achievement Award

Joel Larmore *(7 - From L to R: Tim Loar, Joel Larmore, Sharon Larmore and Margaret Schenkman)*

Beginning early 2019, the PTAA will be working on their toolkit initiative, with goals of providing each student with some key practice tools at no cost to the student or program.

Mark your calendars!

Following the spring Marquette lecture, we'll be organizing a happy hour nearby. Stay tuned for more details.

Upcoming Events

Visit events.cuphysicaltherapy.org for more information and registration options.

Marquette Challenge

The spring Marquette Challenge has been announced for Saturday, April 27, 2019, 8:30 a.m. to 3:00 p.m. Current speakers to date include David James, PT, DPT, OCS, SCS, CSCS, a sports and orthopedic specialist with Cascade Sports Injury Prevention and Physical Therapy and Senior Instructor for the Physical Therapy Program, as well as Scott Rezac, PT, DPT, FAAOMPT, OCS, Owner, Rezac & Associates Physical Therapy.

Clinical Instructor Credentialing Course

We encourage all of our Clinical Instructors to complete the basic APTA Credentialing course to ensure consistency and quality for our clinical internships. Mark your calendars for this spring's credentialing course on May 17-18, 2019.

Class of 2021 Oath Ceremony

The date for the Class of 2021 matriculation and oath ceremony is set for Friday, May 31, 2019. The class will officially join the program as DPT students and take their professional oath alongside faculty and campus leadership.

An Evening at the Theatre & Performance of Wicked

Discounted tickets hosted through the Alumni Relations Office are available for the Wednesday, June 5, 2019 performance.

Buell Theatre, Denver Performing Arts Complex
1350 Curtis Street, Denver, CO 80202

5:00 p.m. | Alumni Reception in the Buell Mezzanine
7:30 p.m. | Wicked performance begins

Purchase tickets by Wednesday, April 3, 2019 at ucdenver.edu/healthalumni

Rockies CU Night

Coors Field, 6:40 p.m.
Friday, August 16, 2019

For more information, visit ucdenver.edu/healthalumni

Class of 2009 and Class of 1999 Reunions

We are looking to help coordinate 10-year and 20-year reunions for the classes of 2009 and 1999. Interested in assisting with coordination and serving as a class champion? Contact natalie.ianniciello@ucdenver.edu

To get involved, contact cupt.alumni@ucdenver.edu

Congratulations, Class of 2018!

On December 15, 2018 the Physical Therapy Program celebrated the Class of 2018 with a convocation ceremony followed by the Fall Commencement Ceremony for the 63 graduates.

School of Medicine Dean John J. Reilly, Jr., MD, congratulated the students noting, “Our graduates are entering the field at a time where they will see enormous developments over the course of their careers.”

In addition to program and university leadership, Class President Molly Lanning provided a thoughtful recap and words of congratulations to her colleagues, complete with comical notes of quotes from faculty members over the years, while thanking professors and her fellow students.

Karen Litzy, PT, DPT delivered the convocation address. Litzy is the owner of Karen Litzy Physical Therapy, Co-Host of the Healthy, Wealthy and Smart Podcast and Creator of the Women in Physical Therapy Summit. Litzy focused on three primary lessons, and told her own story about her journey with chronic neck pain and the lesson she learned through her experience, completely changing her treatment paradigm. “You’re entering into a profession where you have the privilege and honor to care for and work with people coming to you at a vulnerable time in their life,” she said. “Remember that in the end, you are your patient’s facilitators, not their fixers. If you can embody that, your career will be successful, you will be happy and you will realize you joined a profession perfect for you.”

In addition, program awards were presented during the convocation, honoring student achievement and service. A special congratulations to the following graduates who were recognized:

Jared Knappe – Krugman Award

Jillian Milke – Mary Gosnell Award

Kevin Morris – Herbert J. Levy Humanitarian Award

Corey Rovzar – Altruism in Action Award

Kristen Townsend – Outstanding Doctor of Physical Therapy Student Award

Following graduation, a number of the new physical therapists will continue with their yearlong internship, while some are jumping right into their careers and others are celebrating by traveling. A group of students even planned a trip together to Southeast Asia.

Program Director Margaret Schenkman, PT, PhD, FAPTA welcomed the new professionals, noting, “You’re joining over 2,000 graduates over the past 70 years. You are agents of change, you will need to be agents of change for your patients, your profession and yourselves. We are proud to call you colleagues.”

*1. Amy McDevitt presents Kristen Townsend with her graduation award 2. Karen Litzy
3. Jared Knappe 4, 5. PT Students and Family Members 6. Dean John J. Reilly, Jr.
7. Joe Palmer with Jillian Milke 8. Kevin Morris alongside Tami Struessel*



Faculty Publication List

2018 was another incredible year for our faculty! Members of the CU Physical Therapy Program faculty contributed to more than 45 academic journal articles. CU Faculty contributors are **bolded**.

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“Thanks to scholarship donors willing to support physical therapy education, not only am I able to attend the University of Colorado’s Physical Therapy Program, but I am part of a program that fosters diversity, inclusivity and collaboration between the many disciplines within the medical campus.”

– David Romero, Class of 2020