

August 2006  
Volume 7, Issue 2

## PT DEPARTMENT TO RELOCATE

# Health Sciences Building Concept Unveiled



### Fundraising Progress

Fundraising for the health sciences project is at the 50 percent mark. A big thank you to the individuals, corporations and foundations that have provided major support:

Dr. Daniel Broderick '82  
Dr. Jack '75 and Bridget Consamus  
Ken '59 and Mary Jo '59 Courey  
Mary Joy Allaert Feeney  
Linda Gerber '00  
Jim '56 and Mary Hagen  
Bernie and Mary Jane Hardiek  
Stan Kabat  
Peter and Marion Lardner  
Jim '91 and Kay Lehman  
Michael '53 and Cynthia Marks  
Dr. Robert '83 and Ingrid Philibert  
Dr. Richard '57 and Diane Phillis  
Robert and Gwen Ristow  
Margaret Stutsman '57  
Bechtel Trusts and Foundation  
Bituminous Insurance Company  
Caterpillar, Inc.  
Doris and Victor Day Foundation  
Genesis Medical Center  
HNI Charitable Foundation  
Moline Foundation  
NECA Electrical Workers of America  
Pepsi-Cola Bottling Company  
Rock Valley Physical Therapy  
Royal Neighbors of America  
Scott County Regional Authority

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The Physical Therapy Department hopes to relocate to a new state of the art academic health sciences building in fall 2008, if fundraising efforts remain on schedule. This 58,000 square foot facility, designed by a team of architects, faculty and staff will become home to the university's programs in nursing, occupational therapy and physical therapy. Construction is planned on the corner of Marquette and Lombard Streets on the West Central Park campus of Genesis Medical Center. The building is designed to enhance interdisciplinary learning while retaining the high-quality discipline-specific knowledge that has placed our graduates in high demand across the country. Cost for the project is estimated between \$12.4-\$13.3 million. The building will include functional laboratories and classrooms on the first and second floors and faculty offices on the third (see floor plans on page 2).

# transition dpt program

Many Transition DPT students are nearing the end of their plan of study. Three have completed all requirements since the last newsletter.

**Dawn Moore** ■ *Effectiveness of Exercise with and without a formal education program in patients with Fibromyalgia Syndrome* (May 2005)

**Andrea Piasecki** ■ *Therapeutic Exercise vs. Patellar Taping in the Treatment of Patellofemoral Pain Syndrome: An Annotated Bibliography* (May 2005)

**Chrissy Ropp** ■ *Potential for continued progress toward functional independence in mobility skills for a subject with chronic traumatic brain injury* (July 2006)

## Transition DPT Class Schedule

Interested in pursuing the Transition DPT or taking an academic class for continuing education credit? Contact Dr. Kevin Farrell at 563/333-6405 or farrellkevin@sau.edu if you have questions about upcoming class offerings.

### Winter 2007

- DPT 810 Advanced Diagnostics  
Dec. 18, 2006, materials distributed  
Jan. 26, 2007, exam due

### Spring 2007

- DPT 790 Evidence Based Practice, March 5–9
- DPT 820 Differential Diagnosis, March 19–23
- DPT 830 Management of the Medically Complex Patient, May 14–18

### Summer 2007

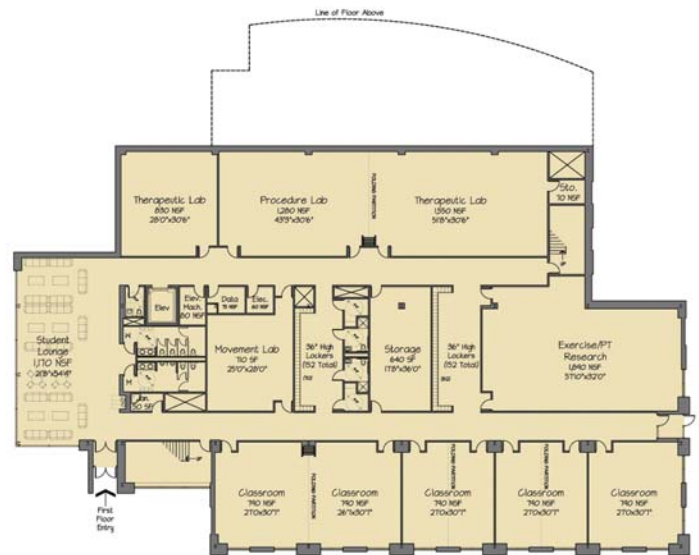
- DPT 795 Physical Therapy Examination and Intervention, June 4–8
- DPT 830 Management of the Medically Complex Patient  
TBA

### Fall 2007

- DPT 800 Applied Anatomy and Physiology, Aug. 20–24
- DPT 590 Pharmacology, TBA

### Transition DPT classes available anytime

- DPT 590 Pharmacology (CD-ROM)
- DPT 850 Integration Project



▲ FIRST FLOOR

St. Ambrose University Health Sciences Building



▼ SECOND FLOOR

# director's updates



We have many newsworthy items to share with our alumni and readers, and as always, it has been great to see many alumni back on campus for continuing education classes this year. As you read this edition of *Alumni News*, you will see that plans are taking shape for the department to move to new facilities as early as fall 2008. This issue includes a preview of the building design and floor plans for teaching and research space. This new building will allow us to continue providing continuing education courses and accommodate even more participants.

Speaking of continuing education classes, we are offering a special conference for all alumni as part of the homecoming events on campus this fall. Alumni may earn up to five hours of continuing education at no charge by joining us on October 7. During a luncheon, we will provide more updates about the department and university. We look forward to celebrating a decade of physical therapy graduates with a special dinner on Saturday evening. If you did not receive your invitation, please contact us.

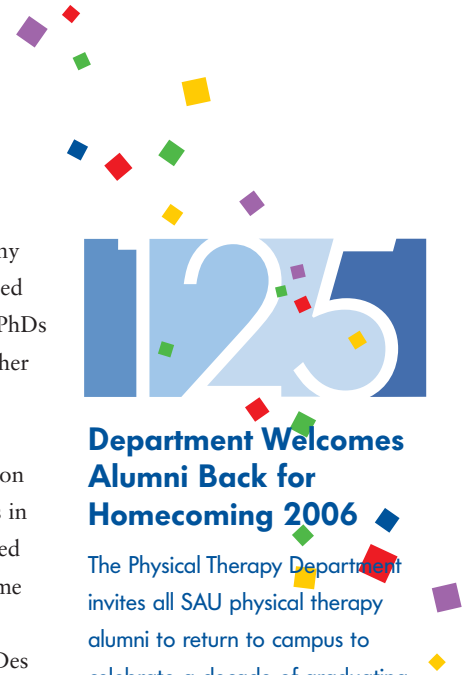
An important accomplishment this spring has been the development of the St. Ambrose University Orthopaedic Physical Therapy Clinical Residency program. Under the leadership of Dr. Kevin Farrell, this program is the first APTA credentialed residency program in Iowa and one of only 12 orthopaedic residency programs in the country. This new program offered in collaboration with Rock Valley Physical Therapy has generated considerable interest from current and prospective students. You can read more about the benefits of this outstanding program on page 7.

I am very happy to report exemplary continuity among the SAU physical therapy faculty. While many programs throughout the country are searching to fill vacancies and gaps in expertise, we are blessed to have a wonderful team of faculty who continue to serve students well, handle their teaching loads, practice,

publish, remain professionally active and balance many other family related responsibilities. We have celebrated the awarding of a fellowship, the completion of two PhDs this year and look forward to the completion of another in the coming year.

When you mail in your personal and professional updates, take a minute to congratulate Roberta Hanson on her promotion to Office Administrator. Roberta is in her 15th year at SAU—she was here before we enrolled the first class of physical therapy students. We welcome Kathy Lukavsky and Lauralee Dammen to our staff. Kathy joined us this spring after Tashia relocated to Des Moines. Tashia completed five years of outstanding service at the university. Lauralee joined us when Brooke was “stolen” back by her former employer. We were told they could not live without her. After having her with us for nearly a year, we understand why. We miss them both but trust that you will enjoy interacting with our new staff.

On behalf of the faculty and staff, I would like to thank our alumni for their continued support of all of our programs. It has been wonderful to have several of you back on campus with us taking classes in the Transition DPT program. We often hear how impressed your fellow clinicians are with your skills—thanks for representing us so well. When we ask prospective students why they considered applying to the physical therapy program at St. Ambrose University, many of them share how they learned about us through an alum they met while completing observation hours or an alum who insisted they apply and go through the interview process. Your recommendations have helped build our applicant pool. Check out the statistics on the incoming class! And be sure to keep telling us about your personal and professional accomplishments.



## Department Welcomes Alumni Back for Homecoming 2006

The Physical Therapy Department invites all SAU physical therapy alumni to return to campus to celebrate a decade of graduating students and begin a year-long celebration of St. Ambrose University's 125th Anniversary. PT graduates between 1996–2005 are encouraged to take advantage of this opportunity to attend a free continuing education class (details on page 5) and spend the evening catching up with classmates, faculty and staff. Reservations can be made by returning the RSVP forms mailed this summer, emailing Roberta Hanson at [pt@sau.edu](mailto:pt@sau.edu) or calling the Physical Therapy Department at 563/333-6403. We look forward to hearing from you! Details on other homecoming events can be found at [www.sau.edu/homecoming](http://www.sau.edu/homecoming).

# honors & awards

*In the past year, faculty have been actively involved in a variety of scholarly activities.*

## Dr. Barr Inducted into Hall of Fame



On April 1, Professor John O. Barr was inducted into the Physical Therapy Education Hall of Fame at his alma mater, State University of New York Upstate Medical University in Syracuse. This award was presented during the program's second annual spring symposium by Pamela Gramet, PT, PhD, Director of the DPT program at Upstate in recognition of John's enduring commitment and positive contributions to the physical therapy profession. Congratulations, Dr. Barr!

## Levsen is Graduate Faculty of the Year (again!)



For the second consecutive year, the St. Ambrose Graduate Student Government Association named Mark Levsen graduate professor of the year. Mark is an assistant professor in the physical therapy program. He teaches musculoskeletal therapeutics, orthotics and prosthetics, and differential diagnosis and has

additional roles in the Transition DPT and Residency programs. Mark continues to be active in clinical practice (yes, he still sees patients at 5 a.m.), is a clinical specialist in sports and orthopedics and a fellow in the American Academy of Orthopedic Manual Physical Therapists. Mark was recognized for his ability to relate to students and his personal attention to each student's education.

## Two Faculty Members Awarded Tenure



Dr. Bryon Ballantyne and Lynn Frank have been awarded tenure at St. Ambrose University. Bryon teaches anatomy, functional anatomy, research methods and evidence-based practice.

As one of the department's Academic Coordinators for Clinical Education, Lynn teaches courses related to clinical education, assists with neuromuscular therapeutics, and coordinates the medically complex patient class.

## PhD Completed, Adopt A Doc Award, and Promotion

St. Ambrose University faculty member Michael Puthoff received his PhD in Physical Therapy and Rehabilitation Science in May 2006 from the University of Iowa. Dr. Puthoff's dissertation, *The Relationship Between Impairments in Muscle Performance, Functional Limitations and Disability in Older Adults* was mentored by Professor and Director of the University of Iowa's Programs Dr. David Nielsen. During his final year of doctoral work, Mike received a second year



▲ Dr. Michael Puthoff and his advisor Dr. David Nielsen

of funding from the Geriatric Section, APTA as an Adopt A Doc Award recipient. In earning this degree, Dr. Puthoff was also promoted to the rank of Assistant Professor at St. Ambrose. Congratulations, Dr. Puthoff!

## PT Department Sponsors Evidence-Based Practice Symposium

The Department hosted an Evidence-Based Practice Symposium on April 20 to share year-long scholarship projects completed by students and faculty advisors. Open to the campus community and local physical therapists, the presentations featured a synthesis of the best current evidence available to support components of examination and interventions used by physical therapists, strengths and weaknesses of available literature and gaps in the literature. Presentations included:

**Cook A, Dietze C, Lorenzen C, Riley N.** ■ *What is the efficacy of the canalith repositioning maneuver without mastoid oscillation in treating BPPV compared to a control?*

**Grabinski W, Miglio J, Muntz K, Barr J.** ■ *Effects of Resistance Training on Bone Mineral Density in Postmenopausal Women.*

**Brokken D, Foutch K, Olson K, Lampe K.** ■ *In our post-menopausal patient, is walking an effective intervention for minimizing bone mineral density loss?*

**Arp E, Myers A, Ostrander M, Ballantyne B.** ■ *The effects of Botulinum toxin type A on spasticity and function in chronic patients post-stroke.*

**Elam E, Epley K, Levens K, Cassady S.** ■ *Do school-based physical activity, nutrition or education programs reduce obesity and cardiovascular risk factors in adolescent children?*

**Bottorff J, O'Bryan T, Rigg E, Levens M.** ■ *Can a clinical test or test cluster correctly predict the presence or absence of glenoid labral tears, specifically SLAP lesions at a high rate in all patients when compared with the arthroscopic gold standard?*

**Johnson B, Koester A, Voorhies J, Puthoff M.** ■ *Does resistance training improve functional limitations and disability in patients with moderate to severe COPD?*

**Shelton R, Sebert C, Glynn E, Farrell K.** ■ *Can Postural Exercises Change Anterior/Posterior Spinal Alignment?*

### A FREE COURSE FOR ALUMNI DURING HOMECOMING WEEKEND

## Functional Testing and Training of Older Adults **Saturday, Oct. 7, 2006**

**Objectives** At the end of this course, attendees will be able to:

- Choose reliable, valid, and responsive measurement tools for older adults.
- Perform Short Physical Performance Battery, Senior Fitness, Six-Minute Walk, and Gait Velocity functional tests and discuss implications of results.
- Describe recommendations for designing an aerobic, resistance, balance, and flexibility training program for older adults.
- Adjust the dosage of an exercise training program to enhance improvements.

**Description** During first section attendees will examine factors to consider when choosing a test for older adults and the usefulness of the tests. Time will be available to practice these tests during the lab session. The second section will focus on designing a multidimensional exercise program to improve function in older adults.

**Speaker** Michael Puthoff, PT, PhD, holds a bachelor's in psychology and master's in physical therapy from Marquette University, and a doctorate in physical therapy and rehabilitation science from the University of Iowa. On the SAU faculty since 2004, he teaches cardiopulmonary therapeutics and exercise physiology content and assists with other topics such as muscle training and gerontology. Mike remains involved in clinical practice and serves on the board of directors for the Iowa Physical Therapy Association.

|                 |           |   |
|-----------------|-----------|---|
| <b>Schedule</b> | 8:30 a.m. | Check-in and continental breakfast provided |
|                 | 9:00 a.m. | Welcome                                     |
|                 | 9:15 a.m. | Lecture                                     |
|                 | 12 p.m.   | Lunch (provided)                            |
|                 | 1-3 p.m.  | Optional Lab Session                        |

**Location** The morning session will be held in the third floor ballroom of the Rogalski Center, with optional labs in the Hayes Hall physical therapy labs.

**To Register** Complete the attached registration form and mail using the self-addressed stamped envelope or fax the completed form to 563/333-6410. Call the office at 563/333-6403 between 8 a.m. and 4:30 p.m.

### SAU to Host Health Sciences Recruitment Fair

Will your facility need recruits in the future? Consider participating in the Health Sciences Career Fair on Thursday Nov. 9 from 3-7 p.m. Space is available for employers to meet students in physical therapy, occupational therapy and nursing from SAU and other regional universities. Employers are encouraged to bring information on full-time, part-time or summer positions, scholarships and other benefit programs. Contact Jennifer Timmons at 563/333-6339 or [TimmonsJennifer@sau.edu](mailto:TimmonsJennifer@sau.edu).

# alumni updates

## Class of '96

**Corey Weydert '96** was promoted to Director of Rehabilitation Services at Grant Regional Medical Center in Lancaster, Wisconsin.

## Class of '97

**Jennifer Becker '97** married Brian Hansen on April 29, 2006. They reside in Waterloo, Iowa.

**Carolyn (Jagel) Fries '97** has been promoted to vice president of operations at Bartlesville Physical Rehabilitation in Bartlesville, Oklahoma. Her daughter, Elena, is 4 and son, Matt, is 2.

**Andy Utsinger '97** works at Rock Valley Physical Therapy and is now board certified as an Orthopaedic Clinical Specialist through the American Board of Physical Therapy Specialties, APTA.

## Class of '98

**Brad Kruse '98** received a certification in Mechanical Diagnosis and Therapy through the McKenzie Institute and is also a board certified Orthopaedic Clinical Specialist through the American Board of Physical Therapy Specialties, APTA. He also recently accepted a faculty position at Clarke College in Dubuque.

## Class of '99

**Julie '99** and **Mark Bryan '00** and son Xavier welcomed Tavian James to their family on May 14, 2006.

**Emily Thomson '98** spent a year working as the Chief of Staff to the First Lady of Iowa. She is currently working at the Grant Wood AEA in Cedar Rapids and also working on a doctorate in education at Drake University.

**Corrie (Hall) Searles '99** presented at the North Dakota State Health Care Conference and a state teleconference in South Dakota on integrating care for best outcomes in homecare. Corrie and her husband Galen reside in Rapid City, South Dakota with sons Logan and Miles.

**Rachel (Benters) Ehlert '99** works at Rock Valley Physical Therapy and is now board certified as a Geriatric Clinical Specialist through the American Board of Physical Therapy Specialties, APTA.

## Class of '00

**Jason and Andrea Elgin '00** and daughter Kaitlyn welcomed Jaydn McKenzie to their family on June 14, 2006.

## Class of '01

**Karrie Crawford '01** has taken a position at the Neck to Back Clinic in the Quad Cities.

**Jon Thoreson '01** is now employed by Rock Valley Physical Therapy.

**Mike Trenkamp '01** has relocated to Kansas City with his wife Carrie and daughter Lily. Mike manages the physical therapy clinics in Kansas for HealthSouth.

**Matthew and Jen Onderak '01** moved to Newburgh, Indiana.

Jen practices part time in acute care at Deaconess Hospital in Evansville and they keep busy with their three children, Madeline, Jack and Elizabeth.

**Chad Williams '01** works at Rock Valley Physical Therapy and is now board certified as an Orthopaedic Clinical Specialist through the American Board of Physical Therapy Specialties, APTA

## Class of '02

**Danielle (Pietrucci) Nightshade '02** was promoted to Supervisor of Rehabilitation Services at Tillamook County General Hospital.

Angie and **James Templeton '02** announce the birth of another son on December 29, 2005.

## Class of '03

**Lisa Cannegiter '03** continues to be employed as a traveling physical therapist. Her current home is Boston, Massachusetts.

Peter and **Sarah Nedved '03** and daughter Maggie welcomed Augustus Peter to their family on December 17, 2005.

## Class of '04

**John** and **Jody Brandt '04** were married April 16, 2005 in Hampton, Iowa. They continue to live in Aurora, Illinois.

**Katrina Hird '04** is working on an acute rehab unit at a hospital in Bloomington, Illinois.

**Jennifer Vaughan '04** is getting married in October and has moved to Mendenhall, Mississippi.

## DPT Class of 2008 is Admitted

The next DPT class to enroll at SAU comes from eight undergraduate colleges and universities and nine undergraduate majors. Selected from a field of 129 applicants, the top 30 enter with a cumulative GPA of 3.75 on a 4.0 scale; mean science GPA of 3.67; and mean GRE scores (verbal and quantitative) of 1075. Class size, program faculty, the degree awarded, and curriculum content were among the most important factors cited by applicants in selecting St. Ambrose.

## Second Year DPT Student wins IPTA Foundation Scholarship

Elizabeth Arp was selected as a 2006 recipient of the Iowa Physical Therapy Foundation Physical Therapy Student Scholarship. The \$500 cash award and certificate were presented during the IPTA Spring Awards Luncheon in Ames in May. Elizabeth completed her undergraduate degree in biology at Augustana College and will graduate from the St. Ambrose DPT program in December 2006. She was nominated for this award by the faculty for her academic performance in the program, involvement in professional activities and potential contributions to the profession of physical therapy.



## Orthopaedic Physical Therapy Residency Program is Credentialed by APTA

The St Ambrose University Orthopaedic Physical Therapy Residency Program is the first American Physical Therapy Association credentialed residency program for physical therapists in Iowa and one of only 12 such programs in the country. A two-member APTA site team visited campus July 13, and we received official notification from APTA on July 31. “We are grateful to learn the outcome of this long process which involved several years of planning and development. We are very pleased with the news,” says Dr. Kevin Farrell, Residency Program Director. The program promotes standards of quality and consistency in the teaching and practice of orthopaedic physical therapy. Offered in collaboration with Rock Valley Physical Therapy, the university provides upper level academic and continuing education classes and teaching opportunities, while the clinical site provides employment and clinical mentoring during patient care. Farrell explains, “This has really been a team effort—and a terrific learning opportunity for our new graduates. Rock Valley Physical Therapy is a wonderful partner—with 20 Board Certified Orthopaedic Clinical Specialists and four therapists who have earned fellowships in manual therapy on their staff, the residents have many therapists to learn from each day.”

DPT Class of 2005 graduates Ashley Henning and Kyle Cottone were the first two residents selected to complete the year-long program. “I applied for the residency program because of the opportunity to work with and be mentored by some very experienced clinicians,” Kyle said. “I felt that it would be a great learning experience and would help me progress more quickly to where I want to be as a therapist. I feel that it will open many doors for me wherever I eventually end up practicing. Also it will prepare me to take the orthopaedic specialty exam when I am done and that is a goal of mine.” Ashley describes additional benefits “I enjoy being able to stay affiliated with St. Ambrose. I can easily stop in to see a professor

and ask a question or share a situation that I have seen in the clinic. I feel I am continuously building upon my education and my knowledge base and patient care skills are expanding daily.”

Both residents recommend the program to future students and see this as an opportunity to gain advanced clinical skills within this specialty area. Ashley explains, “My manual therapy skills are improving with each day. I am learning how to better recognize patterns and treat them more appropriately.” Kyle adds,

“I have always been interested in outpatient orthopedics, but realized that this area was very complex and challenging for me. I felt I could use some more hands on work with direct feedback to improve my pattern recognition and handling skills. The residency program seemed to be a perfect fit, with its ties to St. Ambrose and the clinicians at Rock Valley.”

The program will be recognized during Opening Ceremonies at the 2007 Physical Therapy Combined Sections Meeting in Boston in February.



**Ashley Henning**



**Kyle Cottone**

### December Graduates Earn 100% Pass Rate on NPTE

According to a May 2006 report from the Federation of State Boards of Physical Therapy, St. Ambrose University's doctor of physical therapy graduates in the class of 2005 earned a 100 percent first-time pass rate on the National Physical Therapy Examination. SAU's DPT program was one of only 22 programs that are accredited by the Commission on Accreditation in Physical Therapy Education, or CAPTE, to earn a perfect first-time pass rate in 2005. The 2005 first-time pass rate for all CAPTE accredited programs was 83 percent and the first-time pass rate for the four programs in the state of Iowa was 91 percent. Congratulations, Class of 2005!

## Let us know what you're doing!

Your full name \_\_\_\_\_

Spouse's name \_\_\_\_\_

Children's names and ages \_\_\_\_\_  
\_\_\_\_\_

Address \_\_\_\_\_

Home phone \_\_\_\_\_ Cell \_\_\_\_\_

Home email \_\_\_\_\_

Your current title \_\_\_\_\_

Employer \_\_\_\_\_

Name and title of supervisor \_\_\_\_\_

Address of current practice \_\_\_\_\_

Patient mix includes \_\_\_\_\_

- Our facility  is a clinical site  
 would like to be an SAU clinical site

Tell us about your professional accomplishments, new certifications, awards, promotions, as well as your personal life changes— marriages, engagements, new additions to your family, etc. Please write your comments as clearly as possible in the space provided below or on a separate sheet of paper.

Return completed form to: Physical Therapy Department, St. Ambrose University, 518 W. Locust Street, Davenport, IA 52803  
or online at [www.sau.edu/pt/alumni](http://www.sau.edu/pt/alumni) or by email to [pt@sau.edu](mailto:pt@sau.edu)