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Physical Therapy News

Physical Therapy & Human Movement Science

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Fall 2011

# Physical Therapy News, Volume 1, Issue 1

College of Health Professions  
*Sacred Heart University*

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## Physical Therapy News

DEPARTMENT OF PHYSICAL THERAPY & HUMAN MOVEMENT SCIENCE  
COLLEGE OF HEALTH PROFESSIONS

Vol 1(1)

Fall 2011

### We're Celebrating our 15<sup>th</sup> Year !



#### Hello SHU PT Alumni and Friends:

When I think back on the milestones accomplished over these past 15 years, I am truly amazed at all that has been planned, implemented and achieved. It is a real tribute to the faculty of the program, the quality of our students, the support that we have enjoyed from the University and the collaboration that we have established with our practice community. It is remarkable to see the number of our PT alumni now (n=430) that are part of the clinical community reaching across the US and that continue to support our program in so many ways. I hope that during this anniversary year many of you will take the time to connect (or reconnect) with us here at SHU. While these milestones are meaningful to many, I believe it is our alumni that will be most surprised and impressed by all that has been accomplished. Below, I have listed just some of the significant milestones of these 15 years. Thanks for being a part of this remarkable story!

Michael J Emery PT, EdD, FAPTA, Professor and Chairman  
Department of Physical Therapy and Human Movement Science

#### SHU Physical Therapy Program Milestones

- Sept 1993 SHU begins exploration of a graduate PT program
- Sept 1994 Michael Emery, Physical Therapy Program Director hired
- Nov 1995 CT Dept. of Higher Education grants initial license for the graduate program in Physical Therapy at SHU
- Sept 1996 With four full-time faculty members in place, (Emery, Fein, Levangie, Cameron) the first class of graduate Physical Therapy students began full time study at Sacred Heart University
- Nov 1996 The Program in Physical Therapy at Sacred Heart University was awarded "Candidacy for Accreditation" by the Commission on Accreditation of Physical Therapy Education with multiple commendations and no citations
- Sept 1997 Physical Therapy Faculty Practice opens its first out-patient clinic in the William H. Pitt Health and Recreation Center on campus
- May 1999 The University awards the first Master's degrees in Physical Therapy. There were 44 charter graduates. The Program in Physical Therapy was awarded initial accreditation from the Commission on Accreditation of Physical Therapy Education
- Sept 2003 The SHU PT program begins the approval process (university, State and regional accreditation) to offer the first Doctor of Physical Therapy degree in Connecticut, with classes to begin in Fall, 2004
- Sept 2004 Program initiated new doctoral curriculum with the admission of the first DPT class
- May 2007 SHU PT program graduates its first class of Doctor of Physical Therapy students, the first of its kind in Connecticut. Thirty five graduates receive the first doctoral degrees awarded by Sacred Heart University
- Sept 2007 The physical therapy program opens with new classrooms, laboratories and faculty offices at its new location on the Cambridge Campus located in Trumbull, CT, 1.9 miles from the main campus
- April 2008 US News and World Report college rankings for 2009 places SHU PT program as top in Connecticut, in the top 5 in New England and in the top 25% nationally
- Sept 2008 Physical Therapy program faculty proposes increasing the PT program class size from a target of 45 to 64 students/class. The expansion would include additional faculty, new laboratories, enlarged classrooms and new clinical education sites. Program expansion to begin Fall, 2009
- Sept 2011 Physical Therapy program completes its expansion to a new target class size of 64 students.

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# ALUMNI SPOTLIGHT

## Kate Janczak Lieser PT DPT OCS, Class of 2007



*"I actually have come full circle. Ten years later, I am back where I started, but in a completely different place. Confused? Let's try and 'wrap our heads around' this one, shall we?"*

It seems as though I may have come full circle, returning recently as a clinical instructor in the PT program here at SHU. Now that I think about it a little more, I actually have come full circle. Ten years later, I am back where I started, but in a completely different place. Confused? Let's try and "wrap our heads around" this one, shall we?

In 2001, I started at Sacred Heart as a typical, shy freshman who boldly declared early on that they were "pre-PT." At the time, I had no physical therapy experience. I had not volunteered or worked as an aid, I had never experienced any significant injuries, and I really just knew that I didn't want to sit at a desk for the rest of my life. As my classmates changed majors two, three, four (ten?) times, I continued to stick with Exercise Science and the pre-PT track. It was at that time that the program was switching from a Masters to a Doctoral program. Fortunately for me, the move to the DPT started in time for my first year of PT, the year that was also to be my fourth year of undergraduate work.

Starting the program during your fourth year brings with it its own set of challenges. My biggest challenge was balancing the graduate level coursework with enjoying my "senior year," and continuing as the captain of the Equestrian Team. Those were long days, and admittedly I passed my first semester of Pam Levangie's Joint Structure and Function class by the skin of my teeth. Apparently I hadn't balanced things as well as I thought. As with most of my classmates, I eventually figured out how to study and maintain a sense of sanity thanks to the great people surrounding me day in and day out.

We studied, we partied, we debated, we "wrapped our heads around" things, and we shared a stellar softball rivalry with the MSPT class of 2006 (For those of you not familiar, their team name was: "Your Mom Calls me Doctor"). We developed strong friendships and leaned on each other in good and bad times. Of all the changes that have taken place over the 15 years of the program, I am confident that this camaraderie has been there all along.

Now, here I am coming home to SHU ten years after I began as a freshman. A lot has changed here on campus: new buildings, new building names (I can't keep track of these dorm names), new faculty faces, and a new group of eager students. The program has also grown by leaps and bounds: our class sizes are larger, we have several Residencies, and continuing education opportunities throughout the year (I highly recommend the Weekend Workshop series!).

I came back to SHU in order to grow in practice as a clinician and to contribute to the profession in a different way. I encourage you to reconnect with the program as well: take our students in for their affiliations, attend events and workshops, or participate in program fundraising. Every little bit helps, and it doesn't matter how long you've been away from SHU - I'm confident that you too will find that it still feels like home.

## Heidi Sue Zommer Cheerman PT NCS, Class of 2002

Have you ever thought to yourself, “How in the world did I ever get where I am today”? As I reflect back on the past twelve years, it amazes me how each step along the way, no matter how minute, had a direct impact on the here and now of my career path. I still remember those first days of orientation, as we began our PT studies at Sacred Heart in 1999. As I started my journey into this ever-changing dynamic profession, I certainly did not have a complete appreciation for the remarkable opportunities I’d encounter along my path in the years to come. The foundation of knowledge on multi-systems was laid down each semester in preparation to practice with patients diagnosed with a wide range of pathologies. While in school it became apparent that I had a special interest and fascination learning along with investigating the neuro-anatomical structures, pathologies and treatment of patients diagnosed with neurological disorders.

After graduation I began working at Gaylord Hospital in Wallingford, CT, working up the ladder to Senior PT and Center Coordinator for Clinical Education (CCCE) for both PT and OT. I was involved with direct patient care, wheelchair clinic, orthotic and prosthetic clinic, and aquatic therapy program. During my six years in the inpatient department, my caseload included a wide range of medical, orthopedic and neurological diagnoses, but I was most passionate about working with patients with spinal cord injury. I enjoyed being a tutorial leader at SHU, and teaching with Dr. Michelle Lusardi for in the module on Spinal Cord Injury. I was honored in May 2002 as recipient of the Joseph A. Lindenmayer Employee of the Year Award at Gaylord.

By 2008 I was firmly rooted at Gaylord Hospital and CT Chapter of the APTA. At the same time, I was developing a serious relationship with Andrew Cheerman (now my husband) who was living in Boston. I took a leap of faith, leaving behind what had been the foundation of my professional existence, to go to Boston as a travelling PT at Massachusetts General Hospital. I intended to stay at MGH temporarily as I settled myself in Boston, determined the future of my relationship, and gain the experience of practicing in acute care.

After an extended eight-month contract at MGH, I accepted a full-time position as a Staff therapist there. Within one month I was promoted to a Senior therapist position. Most recently, after submitting a portfolio to the Clinical Recognition Program Board at MGH, I am now an Advanced Clinician within the institution. Prior to finding my way back to my clinical love, neurology, I worked as a member of the primary medicine and the ortho/burns teams. I am privileged to work with knowledgeable and talented colleagues who continuously challenge me to reach my maximum potential. In 2010 with their support and encouragement, I took and passed the ABPTS exam, and am now a Neurological Clinical Specialist. I also participated in a clinical research study on stroke rehabilitation at MGH. I’ve been fortunate to serve as a tutorial leader at Simmons College as well as a guest lecturer for discussions and labs for the Spinal Cord Injury module there. I am also active on the Research and Education Committees for the MA Chapter of the APTA.

The clinician I am today is certainly much more advanced than when I walked out the doors of SHU with all the tools in my “toolbox” that I needed to get started in 2002. Evidence-based practice has become an integral part of my patient care; it is absolutely necessary for all of us to continue to challenge the literature to provide the best quality care for our patients. The question for me now is “Where do I go from here?” Moving forward with my practice, I take with me all the things I have learned from my patients, including that of perspective and appreciation of life itself. My husband and I will soon take on the role of parenthood, with our first little one scheduled to arrive in March of 2012. My move to Boston has been quite worthwhile! As I reflect back to my roots at SHU, I can not thank the professors of the PT Program enough for the support and mentorship they provided throughout the years in school and since graduation.



Have you ever thought to yourself, “How in the world did I ever get where I am today”?

# ALUMNI SPOTLIGHT

## Tony Reale PT ATC, Class of 2003



"It's funny how life can completely change in a flip of a switch!"

My professional journey has taken me across the country in order to follow and develop within my dream job. It all started on the East Coast; after graduating from the SHU PT program in 2003, I was offered a position at a HealthSouth facility in New Milford, CT. After a quick two years, I was promoted to the "Site Coordinator" position overseeing 2 clinics, which included managing 5 physical therapists, 2 occupational therapists, and 6 ancillary staff. Another two years past, and I started to do research on opening my own practice. I thought it would be my next step, so I began the process of crunching numbers, looking through medical catalogs, picking out exercise equipment that I needed to buy, etc. Unexpectedly, I received notice from my mentor, Rod McHenry, of an opening for a PT position with the San Francisco Giants. Putting everything on hold, I applied for the position in December of 2006. After many phone interviews, the Giants flew me out to Arizona for a slew of face-to-face interviews. At the beginning of February 2007, the position was offered to me and my life was about to change drastically! It's funny how life can completely change in a flip of a switch. During my last affiliation at the US Coast Guard Academy, my CI Lieutenant Commander Richard Shumway created a position and offered it to me and I turned it down because, "it was 2 hours away and too far from my family". I now reside in Scottsdale, AZ and work as the Organizational Physical Therapist for the San Francisco Giants. I have been here for 5 years now and loving every minute of it. It truly is a great feeling when you wake up every morning not dreading going to work.

The problem based learning program at SHU has truly put me in a place ready for success. With the ever-changing medical field, it is of the utmost importance to be able to perform research on the newest evidence based information. This is the backbone of the program. Instead of being force-fed information from a professor in front of the classroom, you have to find the information and decipher what you believe is most important to bring back to your classmates. This is similar to what I am doing 8 years later; if I have a patient I look up research that pertains to that patient's pathology, decide which study was best performed and apply those principles/treatments to my patient. This ensures the best quality treatment for my patients in order to get them back to play as quickly as possible. Although I did not know it going through school, in my mind it truly is the most effective way to learn material. "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime." (Chinese Proverb) This quote is how I feel about the Problem Based Learning principles, and the SHU professors taught my classmates and me how to "fish".

As far as my future professional goals, I am currently in the final leg of receiving my Doctorate of Physical Therapy from the University of Scranton in December 2011. I hope to remain in the current position that I hold now, just to further evolve as a Sports Medicine Clinician and obtain my OCS and SCS within the next few years. I plan to continue to foster relationships with Universities in order to help develop PT residents annually by extending internship opportunities. I hope to continue to learn from them and keep up with the newest teachings.

# ALUMNI SPOTLIGHT

## Ed Mahoney PT DPT CWS, Class of 2002

With the arrival of the 10<sup>th</sup> anniversary of the tragic events of 9/11/01, many of us probably find ourselves reflecting back to that day, and on a broader scale, to where we were in our lives. Excluding that particular day, I think of it as one of the most enjoyable times of my life. I was lucky enough to be part of a class with great people, and to be taught by amazing professors. PT school was often stressful, but those difficult times led to a feeling of camaraderie within our class and did more to shape who I would become than anything else. Looking back on the workloads that seemed impossible at the time gives me a feeling of accomplishment that only comes when you achieve something that requires a lot of hard work and dedication.

One of the unforeseen things that changed for me on September 11<sup>th</sup> was my career path. One of my memories from that day was sitting in Bev's office, meeting about clinical site placements amidst all the turmoil and confusion going on around us. We discussed going to LSU for an acute care rotation, which had honestly never crossed my mind prior to that. To make a long story short, I did that rotation, loved it, and took a job there after graduating in 2002. In the nine years since, I have constantly been reminded of how lucky I am to have studied at Sacred Heart for PT school. I have always felt well prepared, either because of what I was taught by my teachers and classmates, or how I was taught to learn. More importantly, I found some wonderful role models in our faculty who have helped to guide my career choices since I left Sacred Heart.

After graduation, I worked at LSU for five years, focusing on wound care which afforded me many opportunities to work with students, and to begin to develop my own line of research. It was the perfect situation for a new graduate because I was fortunate to be surrounded by colleagues that were willing to teach me what they knew, and it was certainly never boring. I eventually obtained my Doctorate of Physical Therapy degree from LSU Health Sciences Center in Shreveport, Louisiana, and joined the Physical Therapy program as an Assistant Professor in 2007. Since that point, teaching has occupied the largest percentage of my time, and I have loved it. I still maintain an active caseload, and I am thankful for having been given the opportunity to write chapters on wound healing for multiple textbooks, and to give several national presentations on wound care. The most rewarding experience of my professional career was a trip to Haiti soon after the earthquake last year. We cared for hundreds of patients that would have died if for the volunteers that came from around the world to help. One of the most exciting things in my career is the wound management residency program that we began two years ago at LSU. We are the only wound management residency program that is accredited by the American Board of Physical Therapy Residency & Fellowship Education. Our current resident is a Sacred Heart University graduate (Genelle Rougier Garcia, '09), which makes her the only wound management resident in the country. Over the next few years I hope to further my research in the areas of diabetic foot care and wound healing, assist with the expansion and improvement of our residency program, and continue to promote the importance of wound care as a specialty to our profession, the healthcare community as a whole, and to the public.

I owe a lot to the Sacred Heart University PT program for preparing me to embark on a career that I love, and I look forward to hearing how SHU has shaped other alumni's careers.

**Congratulations Dr. Mahoney on receiving the 2010 College of Health Professions' Distinguished Alumni Leadership Award!**



"PT school was often stressful, but those difficult times led to a feeling of camaraderie within our class and did more to shape who I would become than anything else"

# COMINGS AND GOINGS....

## A new member of the SHU-PT Faculty Team



### YVETTE BLANCHARD PT ScD

Professor Yvette Blanchard PT ScD, joined the faculty as a member of the Semester 2 team in the fall of 2010. Dr. Blanchard came to Sacred Heart as a full Professor, with many years of experience in academic teaching and research at the University of Hartford. She has provided PT care and consultation across many pediatric settings, including school-based PT, early intervention and neonatal intensive care units. Her expertise centers on neuro-behavioral functioning, early infant development, early intervention, prematurity and care of high risk infants.

Dr. Blanchard has been welcomed with open arms by Donna Bowers PT PCS MPH, who is now the semester coordinator for all things neurological, and the entire PT faculty Team. The Blanchard/Bowers team has created a summer intensive elective for students interested in pediatrics, which made its debut in August 2011. The possibility of a clinical residency in pediatrics is being investigated by this dynamic duo! Stay tuned.....

A native of New Brunswick, Canada, Dr. Blanchard is fluent in both French and English, and adds a bit of an international flavor to the department. She completed a Diploma in Health Sciences at the Université de Moncton, as well as a Baccalaureate in Physical Therapy and a MS in Clinical Sciences at the Université de Montréal. Dr. Blanchard began her clinical career working with children with physical and developmental disability in New Brunswick and then Montreal, Canada. She then came to the United States to study with Drs. Heidelise Als and T. Berry Brazelton, earning a ScD in 1995 from Boston University. Her dissertation explored the effects of prenatal cocaine exposure on neurobehavioral functioning in young infants. She has been certified in the Neonatal Individualized

Developmental Care and Assessment Program (NIDCAP) and Neonatal Behavioral Assessment Scale (NBAS).

Dr. Blanchard has published numerous articles and book chapters relating to the field of pediatric physical therapy and early intervention with high-risk infants. She serves as faculty member at the Brazelton Institute where she is the lead NBAS trainer and a NBO trainer. With her colleagues at the Brazelton Institute, she has developed the Newborn Behavioral Observation (NBO) system and has co-authored a book published by Brookes Publishers in 2007.

Dr. Blanchard looks forward to continuing her research efforts at Sacred Heart, expanding on her work in motor control, examining the effects of environmental constraints on postural sway in healthy children.

Dr. Blanchard received a substantial grant as a Fulbright Specialist in 2010. The prestigious Fulbright Specialist Program promotes linkages between academics and researchers in the US and their counterparts at universities abroad. This award has opened collaborative opportunities with colleagues in Norway, where she has travelled for intensive projects in the late summer/early fall of 2010 and 2011.

Dr. Blanchard has also been actively involved in the Section on Pediatrics of the American Physical Therapy Association where she has served as the CT State representative, Secretary of the Early Intervention Special Interest Group and member of the NICU Task Force.

Dr. Blanchard makes the trek to Sacred Heart's Cambridge Campus from West Hartford CT, where she makes her home with husband Merrill Ebner, son Eric, and puppy Chester.

# COMINGS AND GOINGS....

## A new beginning for a familiar face

### Michelle Lusardi PT DPT PhD



One of the founding faculty members of the PT Program, Michelle Lusardi PT DPT PhD, was named Professor Emerita on her retirement from full-time teaching in May 2010, after 14 years with the PT program. Alumni will best remember Michelle as the “neuro-nerd” of the faculty, responsible for students cramming volumes of information about the central nervous system into their brains to prepare for the weekly neuroanatomy quizzes!. She also enjoyed helping her good friend and colleague Donna Bowers with the neurological assessment & rehabilitation content, serving as the program’s “guru” of prosthetics, orthotics, and spinal cord rehabilitation, and being the faculty champion for understanding families and of geriatric rehabilitation. Michelle was honored with the APTA’s Dorothy Baethke-Eleanor J. Carlin Award for Excellence in Academic Teaching in 2006, and the Distinguished Educator Award from the Section on Geriatrics in 2003.

Michelle’s research on functional assessment and fall-risk reduction for older adults, provided opportunities for many SHU-PT students to be actively engaged in the research process. She is grateful for the assistance that many former students provided during the Prehab project, at 3030 Park in Bridgeport, in the MS Wellness Program at the Pitt Center, and during the Duncaster project in Bloomfield.

Michelle served as project director for two major grants, the Elders 2000 Project, and the Geriatric Education and Advanced Training (GREAT) Initiative, which supported the development/implementation of the Department’s innovative online advanced master’s program. The MS-GHW program has assisted the development of the APTA credentialed Jewish Home for the Elderly Clinical Residency in Geriatrics headed by Sheila Watts PT DPT MS MBA (graduate of the MS-GRW and t-DPT at SHU).

During her years at Sacred Heart, Michelle presented more than 50 papers and educational programs at professional meetings of the APTA, CPTA, NYPTA, Gerontological Society of America and American Society on Aging. She has

authored more than 2-dozen articles, published in physical therapy, rehabilitation, and geriatrics journals, and served as advisor for numerous master’s and doctoral students, helping them with their research projects, thesis and dissertations. She has written book chapters for *Geriatric Physical Therapy 3<sup>rd</sup> Edition* (Guccione, Avers, & Wong, Eds.), *Geriatric Rehabilitation Manual* (Kauffman, Moran, & Barr, Eds.), and *Clinical Case in Physical Therapy* (Bremer & Moran). Her own textbook, *Orthotics and Prosthetics in Rehabilitation*, was initially prepared in her first years at Sacred Heart; the third edition will be published in April 2012. O&P in Rehab has become a foundational text in many entry-level PT programs in the US, Canada, and the UK!

Michelle has been an active member of the Research, Cultural Diversity, and Nominating Committees of the Section on Geriatrics, and has also served two terms as a member of the SOG’s Board of Directors. She is the Editor of the *Journal of Geriatric Physical Therapy*, and serves as manuscript reviewer for *Gait&Posture*, *Physical Therapy*, *Journal of Prosthetics and Orthotics*, and *Physiotherapy Theory and Practice*.

Although retired from academic life, Michelle continues her professional roles: as a researcher with colleague Kevin Chui, as a scholar in her role as JGPT Editor, manuscript reviewer, and thesis/dissertation committee member, as coordinator and member of the grass-roots “Walking Speed: the 6<sup>th</sup> Final Sign” task force, and as co-chair of the GeriEDGE Taskforce of the APTA. She presents continuing education courses for practicing PTs, speaking in NH, VT, WV, and CT. Her courses include “Name that Gyrus” a neuroanatomy & physiology review grounded in the physiology of stroke, and “What do the Numbers Mean”, assisting therapists to interpret results of functional assessment for more effective documentation. Michelle completed a t-DPT in May 2010, and has returned, on a part time basis, to clinical practice as a home care PT. She finds that, indeed, she can “practice what she has preached” over her many years as an educator! In her “spare time” Michelle’s garden gets much of her attention, she is a budding photographer, has resurrected her acoustic guitar, and is beginning to catch up on all the “reading for fun” that never seemed to happen while she was teaching.

Michelle and her husband Larry established the “DPT Emergency Fund” at Sacred Heart as a means of continuing her involvement in the PT program. Michelle would like to challenge all alumnae to remember the struggles faced while a student in the program, and to make a contribution to support those who follow in your footsteps who may face unexpected family or health crises (for details, see the box “DPT Emergency Fund Challenge”).

She encourages those who would like to keep in touch to find her on Facebook (Michelle Ouellette Lusardi), and looks forward to seeing SHU PT grads at alumni events and professional meetings in the days ahead!



## SAVE THE DATE!

Join the PT faculty, alumni and students  
for an evening of food, fun and dancing  
to celebrate Physical Therapy's  
15<sup>th</sup> Anniversary Year.

## MARK YOUR CALENDAR !

April 28, 2012  
Testo's Restaurant  
1775 Madison Avenue  
Bridgeport, CT 06606

Details will follow in our next newsletter.

## SAVE THE DATE!



# THE DPT EMERGENCY FUND ALUMNI CHALLENGE

As a tribute to all of the alumnae who have passed through her classroom at Sacred Heart, in honor of the "family" of faculty and staff within the department, as a means of continuing to support current and future students, Professor Emerita Michelle Lusardi PT DPT PhD and her husband Larry have established the Department of PT & Human Movements DPT Emergency Fund. As all alumnae will remember, PT students typically must put other interests and activities "on the back burner" in order to devote the time and effort (physical and emotional) that success in a full time graduate program in health care requires. At the same time, many have to cope with personal difficulties along the way: unexpected illness, injury, or passing of a loved one; loss of the part-time job that has kept food on the table and made the rent manageable; or an inability to take advantage of a wonderful affiliation across the country because of lack of travel funds.

This fund will provide short-term financial support for students in times of real need. With the assistance of their advisors, students can request a "grant" of up to \$500 to help them through a period of crisis. This money can be used to delay some of the financial stressors faced by students needing to get home quickly in times of family crisis, to keep the lights on or meet other pressing needs, or perhaps to offset some of the travel costs that might otherwise dash a clinical opportunity.

The Lusardi's have provided an initial gift of \$10,000 to establish the fund. To make the fund self-sustaining, the principal needs to reach at least \$25,000. In accepting the Lusardi's gift, the department has created a "pay it forward" opportunity, defining the fund as a professional responsibility for all associated with Sacred Heart's Physical Therapy Program can invest in the future of our profession by providing a bit of a safety net for those currently on the way to becoming physical therapists.

The Sacred Heart Physical Therapy & Sports Medicine Clinic is generously willing to match, dollar for dollar, every gift to the fund received from PT program alumni during this 15<sup>th</sup> Anniversary Year, with the goal of reaching and perhaps surpassing the necessary \$25,000 minimum needed to begin making awards. Members of the SH-PTSM team are issuing a challenge to PT program alumnae to determine which graduating class can raise the most money to support the fund.

Donations to the fund are tax deductible, and can be online by credit card by going to the at the "give to the DPT emergency fund" link on department website:  
[http://www.sacredheart.edu/pages/569\\_physical\\_therapy.cfm](http://www.sacredheart.edu/pages/569_physical_therapy.cfm)

Donations can also be made by check or money order, and mailed to: DPT Emergency FUND, Office of Institutional Advancement, Sacred Heart University, 5151 Park Avenue, Fairfield, CT 06825



# Current DPT Students Seek Your Support !!!

## Help them win the 2012 Pittsburgh-Marquette Challenge

Each year, for the past 22 years, students at PT and PTA schools across the country have made an impact on physical therapy research by supporting the Foundation for Physical Therapy through the Marquette Challenge. To date, students have raised more than \$2 million to support the Foundation's post-professional doctoral scholarships and research grants.

After winning the "Most Successful Newcomer Award" in 2009, Sacred Heart University physical therapy students have earned second place in 2010 and again in 2011 (raising over \$30,000!). Please join us as we welcome Dr. Anthony Delitto, PhD, PT, FAPTA for a continuing education fundraising event in support of the 2012 Pittsburgh-Marquette Challenge entitled:

### Clinical Performance, Evidence-Based Practice and Payment: The Perfect Storm

Friday, October 28<sup>th</sup>: 8:00am - 4:30pm and Saturday, October 29<sup>th</sup>: 8:00am-12:30pm

Cambridge Campus Commons

7 Cambridge Drive, Trumbull, CT 06611

11 CEHs - \$425 includes breakfast and lunch on both days

To register or for more information please visit us at: [www.sacredheart.edu/ptceh.cfm](http://www.sacredheart.edu/ptceh.cfm)

Improved efficiency, optimizing outcomes and greater cost-effectiveness have long been a central tenant of evidence-based practice (EBP), yet we continue to see adherence to EBP-based practice standards lagging in practice assessments from virtually all professions, physical therapy included. With health care costs increasing at exorbitant rates and health care reform initiatives on the horizon, we can count on increased pressure to more precisely articulate the value of physical therapy in the health care system. It would appear that implementing EBP practice standards and documenting subsequent cost-effectiveness improvements should assist the profession's goal of defining physical therapy value, yet there appear to be substantial barriers to such strategies. Using specific examples relevant to physical therapy practices, this course will review barriers to implementing EBP-practice standards and offer solutions to such barriers that should resonate with calls for health care reform.



Anthony Delitto, PhD, PT, FAPTA

Professor and Chairman of the Department of Physical Therapy at the University of Pittsburgh, School of Health and Rehabilitation Sciences (SHRS), Associate Dean for Research, SHRS, and Vice President for Education and Research, Centers for Rehab Services.



SHU DPT

Pittsburgh-Marquette  
**CHALLENGE**

Foundation for  
Physical Therapy



### CELEBRATING THE 15TH ANNIVERSARY OF THE SACRED HEART UNIVERSITY PHYSICAL THERAPY PROGRAM\*

September 17 & 18, 2011 *TO BE RESCHEDULED in 2012*

*Name that Gyrus! A Functional Approach to Neuroanatomy, Neuropathology, and Neuroplasticity*  
Michelle M. Lusardi, PT, DPT, PhD ~ in support of the Marquette Challenge

September 24, 2011

*Alumni Event: Homecoming Chili Cook-Off - Sacred Heart University Football Field*

October 28 & 29, 2011

*"A Quality Improvement Approach to Cost-Effective Low Back Care"*  
Anthony Delitto PT, PhD, FAPTA ~ in support of the Marquette Challenge

Friday, October 28

*Alumni Event: Physical Therapy Alumni Award Cocktail Reception*

November 19 & 20, 2011

*Manual Therapy and Exercise: Current and Advanced Evidence-Based Concepts for the Lower Extremity*  
Gary Austin, PT, PhD, OCS, FAAOMPT - Orthopaedic Residency Program

February 10, 2012

*Alumni Event: CSM Chicago, IL - Physical Therapy Alumni Cocktail Reception*

February 25 and 26, 2012

*Manual Therapy & Exercise: Current and Advanced Evidence-Based Concepts for the Lumbopelvic Region*  
Gary Austin, PT, PhD, OCS, FAAOMPT - Orthopaedic Residency Program

March 24, 2012

*The Power of Experience: Maximizing Exploration for Infants and Children with Special Needs & their Families*  
James C. (Cole) Galloway, PT, PhD - in support of the Marquette Challenge

March 31 and April 1, 2012

*Manual Therapy & Exercise: Current and Advanced Evidence-Based Concepts for the Cervicothoracic Spine*  
Gary Austin, PT, PhD, OCS, FAAOMPT - Orthopaedic Residency Program

April 28 and April 29, 2012

*Manual Therapy and Exercise: Current and Advanced Evidence-Based Concepts for the Upper Extremity*  
Gary Austin, PT, PhD, OCS, FAAOMPT - Orthopaedic Residency Program

April 28, 2012

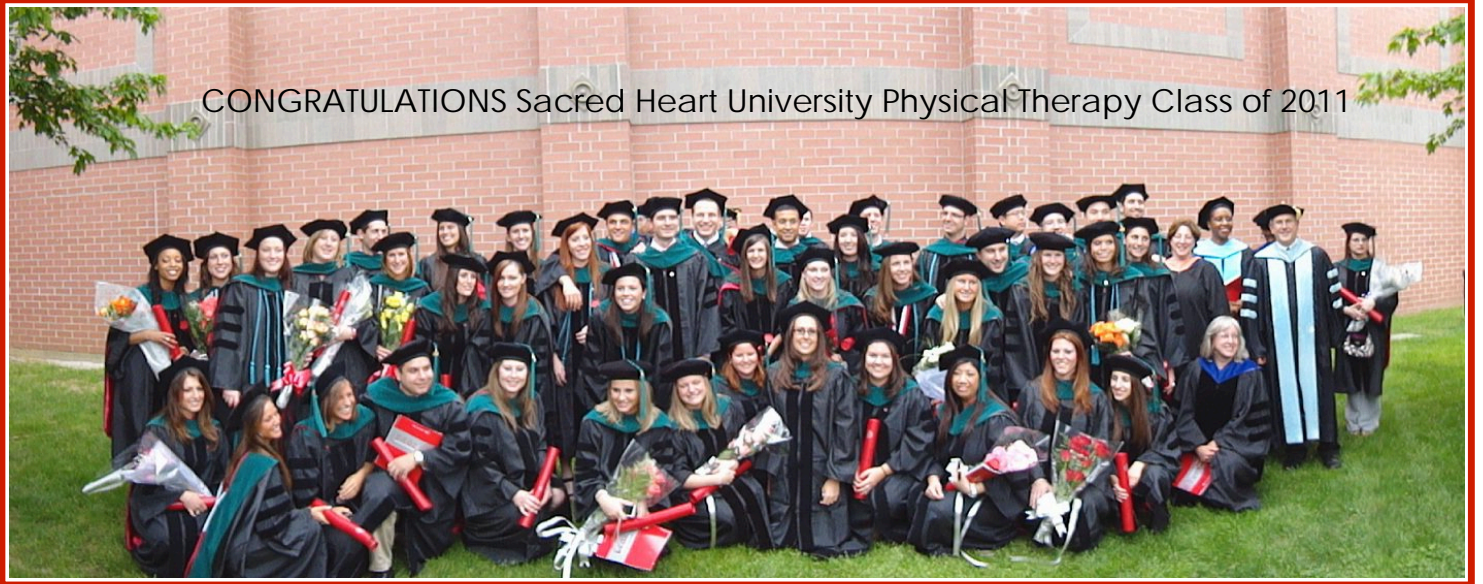
*Alumni Event: Physical Therapy Program 15th Anniversary Dinner-Dance*

\*NOTE: Sacred Heart University physical therapy alumni will receive a \$75 discount to all continuing education events to celebrate the 15th anniversary of the program.

September 21-23, 2012 **SAVE THE DATE!**

*"If you can't breathe, you can't function"* (3-day pediatric and adult lab course)  
Mary Massery, PT, DPT, DSc

CONGRATULATIONS Sacred Heart University Physical Therapy Class of 2011



Please let us know what is happening in your life!

Send word (and pictures) of marriages, arrival of children

new jobs, specialty certification, advanced certification,

and any other news that you'd like to share with classmates in upcoming Alumni Newsletters!

to [lusardim@sacredheart.edu](mailto:lusardim@sacredheart.edu)

Be sure to update your "profile" on the alumni page of the SHU PT Department website!