Colleagues and friends:

I’m pleased to introduce our newsletter that, after a long dormancy, has resurfaced and will update you on exciting changes and happenings. I also hope it will help us reconnect with you in meaningful ways. I assumed the role as Chair of the Department of Physical Therapy in 2014. After an outstanding tenure of leadership and service as a faculty member and Department Chair, Dr. Rebecca Craik accepted the position of Dean of the College of Health Sciences and, as always, is pushing everyone ahead in her new role. She hasn’t left the classroom completely since we still require her to teach as well! Another change is the retirement of Professor Jan Tecklin who served with distinction on the faculty since the program’s beginning, and as Chair from 1986 to 1993. Jan remains connected to our program and the university in significant ways when we can pull him away from his grandchildren! These leaders took the program through significant growth and change and we owe them much gratitude.

In addition to leadership changes, several other new initiatives have occurred since many of you were here. These include our fully accredited Orthopaedic Residency, running clinic, the ever growing Dan Aaron Stay Fit Clinic for persons with Parkinson Disease or multiple sclerosis, an expanding international program that now will include a site in Belize (other sites are Jamaica, Guatemala, Peru), and new faculty members whom you will meet in the pages ahead. Our research endeavors continue to grow in exciting ways with funded, clinically relevant projects that have potential to substantially improve function and change lives.

We have a rich tradition as a program, now in its 32nd year, and we are working hard to maintain a leadership role in educating physical therapists. One of my short-term goals is to identify meaningful ways that allow alumni to engage with our program, and by doing so, enrich the educational experience for all. I invite you to not just read about our program, but also to reach out and connect with us as we build our future.

Best Regards,

Phil McClure PT, PhD, FAPTA
Arcadia’s DPT Class of 2016

Eighty graduates from the Entry Level and Transitional DPT programs walked in the ceremony on January 17th, and the graduates were cheered on by over 600 guests. We were honored to have Dr. Susan Herdman as our graduation speaker. Our recent grads are already putting their degrees to good use in the field. Congratulations, Class of ‘16!

Alumni Marshals lead the recessional for the Class of 2016. Many thanks to Tim Atkins, ‘87BSPT, ‘03 DPT, and Marsha Berger Grant, ‘84MSPT, ‘07DPT, for their continued involvement and support of the program!
Dan Aaron Stay Fit Exercise Program

Janet Readinger, PT, DPT, Director

The Dan Aaron Stay Fit Program at Arcadia University provides individuals with Parkinson Disease or multiple sclerosis an opportunity to exercise regularly. The program’s goal is to assist the individuals to maintain or improve their activity level and to improve the quality of life and to support caregivers. The program provides exercise to individuals that cannot attend a community gym because of slowness, stiffness, and difficulty with balance or safety issues. Participants exercise under the supervision of physical therapists and physical therapist students. Many community programs can only offer chair exercises because of concerns about fall risk. With student participation our program provides a more active and intensive exercise program focused on improved muscular strength, balance, endurance, and functional ability. The program also introduces the next generation of clinicians to the mobility disability of “real” persons with Parkinson Disease or multiple sclerosis and emphasizes the importance of exercise to moderate the effects of the diseases. We offer a caregiver support group facilitated by a counselor that meets twice a month. Both exercise participants and caregivers provide extremely positive feedback about the program.

One student commented:

“I learned that you can’t be afraid to push people with neurologic conditions and really challenge their systems, especially with balance. I was surprised by the amount of advanced balance activities most of the participants were able to do.”

Participants have been quoted:

“My energy levels have improved and the strength in my legs has improved.”

“I’m definitely benefitting. I’m still walking and convinced I would be a lot worse overall if I didn’t come to Stay Fit!”

To support the Dan Aaron Stay Fit Program, click [here](#).
We are pleased to welcome two new core faculty members who bring both excellent teaching skills and active research agendas:

**Dr. Shailesh Kantak** received Bachelors and Masters degrees in Physical Therapy from Mumbai University in India and a PhD in Biokinesiology from the University of Southern California. He completed his post-doctoral research fellowships at the Rehabilitation Institute of Chicago and the University of Maryland, Baltimore. He directs the Neuroplasticity and Motor Behavior laboratory at the Moss Rehabilitation Research Institute, where his research focuses on understanding the brain-behavior relationship for motor control and learning in health and after neurologic damage. He has expertise in noninvasive brain stimulation, as a probe into the level of excitability of neural circuits and a way of manipulating this excitability. Dr. Kantak’s clinical expertise is in neurologic rehabilitation, and he loves to teach neuroscience with a particular emphasis on how neuroscience informs rehabilitation.

Outside of work, Dr. Kantak is a part of an Indian theater group that performs in the tri-state area. He also likes to hike, run, travel, and cook. He says, “once in a while my neurons go a bit fearless and convince me to try out extreme sports like skydiving that I did last fall!!”

**Dr. Mike Tevald** received his MPT degree from the University of Delaware and practiced in acute care before earning a PhD in physiology from Virginia Commonwealth University and completing post-doctoral training at the University of Massachusetts, Amherst. Prior to coming to Arcadia, Dr. Tevald was on faculty at the University of Toledo. He studies the impact of aging and chronic disease such as heart failure on skeletal muscle function and energetics, and his work has been supported by the American Heart Association and the Foundation for Physical Therapy. His clinical expertise is in the area of acute care and cardiopulmonary rehabilitation and he will be teaching in these areas of the curriculum as well as concepts related to evidence-based practice.

In his spare time, Dr. Tevald enjoys spending time with his wife and three daughters, cooking, and listening to music.
Ice Bucket Challenge: AU Students Give Back
by Emily Kerley, DPT Class of 2017

Sam Rooney and I had the idea to do the ice bucket challenge when we spoke with Arcadia biology professor Dr. Wesley Rose, who is living with ALS, during our chronic disease unit during summer 2015. I asked his opinion about the Ice Bucket Challenge in Summer 2014 because there was a lot of backlash about how dumping ice raised money. He answered with so much enthusiasm that the challenge was the best thing to ever happen to the ALS Association. The 2014 Challenge alone raised money for HUGE research. Dr. Rose explained to us that in August 2015, the ALS Association would be launching the second round of the Ice Bucket Challenge, among celebrities and sports group. By the time we got word the challenge had started again, the Class of 2017 had 1 week left on campus to get it organized before we left for our internships. We scrambled to contact people on campus, and when we got the go, gave our classmates 2 day’s notice. I think this speaks the most of our program and Arcadia University as a whole. All in all, it took us less than a week to arrange and only 2 days to coordinate almost 60 people to dump ice over their heads! The cooperation and willingness to help we received was astonishing! One of my favorite parts was Dr. Craik jumping right in to participate with us- bucket of ice and all. Dr. Rose’s appreciation was also unforgettable. He made sure he got to the event to support us, supporting him, but of course moved out of the way to avoid getting wet! In one night after we uploaded the video to Facebook, we had over 2,000 views! 2000 more people were thinking about ALS that night, and the impacts it has on those who battle it. In 2 weeks, Drexel University PT Program responded to our challenge, participating and challenging other PT schools across the country. The Ice Bucket Challenge was a meaningful way to bring our program together and to help a great cause!
Arcadia’s DPT Students Learn and Teach Abroad

Whether it is for a clinical experience in England or Spain, or an experiential learning trip to a low- or middle-income country, Arcadia’s entry-level DPT students have several opportunities to experience the world as learning health professionals. Students may elect a 2-credit study opportunity in Guatemala, Haiti, Jamaica, Peru, or soon, Belize. Trips are lead by PT faculty, program alumni, or local clinical instructors.

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Students going to Guatemala spend two weeks in Zacapa providing PT services in a variety of settings near the Kevin O’Halloran Center of Rehabilitation, a clinic for adults and children musculo-skeletal and neuromuscular diagnoses. Students also have the opportunity to observe the making of prostheses and work with clients of the Range of Motion Project (ROMP), adjacent to the rehabilitation center.

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Students who elect to make the trek to Peru will work with Arcadia alumna Jodee Fortner ’99, who hosts teams of PTs and Arcadia students. During their two-week project, students provide PT services and equipment like wheelchairs, braces, walkers, and crutches to children with disabilities.
Lessons Learned: Following in My Mentor’s Footsteps
by Dr. Brooke Riley, DPT ‘04

Over eleven years ago I had the privilege of joining Dr. Karen Sawyer in her work to provide PT services in Jamaica to those who had little or no access to care. After completing a 6-week internship with her, I knew that Jamaica was the next step for me. I had never met a people so joyful, gracious, and giving as the Jamaicans and I was eager to help carry on the work that Karen started. I will forever be thankful to her and Arcadia’s PT program for the opportunity that changed the course of my life! It seems like yesterday I was a new grad, wet behind the ears, and ready to take on the world. Moving to a different country and a new culture was quite an adventure. Driving on the left side of the road and showering with cold rain water took a little getting used to; water was so precious that whenever it rained we would run around placing buckets under various parts of the roof to collect as much as we could. I learned a great deal during those first few years! Visiting people in their homes taught me a lot about resourcefulness, contentment, and the value of living simply. I also learned a lot from Dr. Sawyer's expertise in stroke rehabilitation which fostered a passion for working people post-stroke that has continued to this day. I can remember watching her interact with patients and thinking, “I want to be just like her!”

In the fall of 2015, I had the opportunity to follow in Dr. Sawyer's footsteps again, when I covered for Karen’s 6-month leave. I traveled with students to Arcadia’s current and future international clinical sites in Haiti, Guatemala, and Belize. Experiencing various cultures and learning from other service organizations doing similar work was an incredible gift. I enjoyed working alongside Arcadia’s PT students, seeing each student gain confidence as they were pushed out of their comfort zones and challenged to think more creatively. It was very rewarding to watch the students process the life lessons they gleaned while working abroad. For those of you considering being a CI on an international trip, I highly recommend it!

I’m amazed to look back and see the growth that has taken place over the past eleven years. Countless AU PT professors, students, and alumni have come to Jamaica and given of their time, resources and hearts to help make our clinic sustainable and successful and we are so very thankful for their support!

Learn more about Brooke: https://www.arcadia.edu/video/video-physical-therapy-alumni-brooke-riley

Visit this link for a look at Stroke Camp in Jamaica: https://youtu.be/HAk08WtMYRA

If you would like to donate to our Magistro Fund for experiential learning, please click here
Dr. Karen Sawyer, PT, DPT, MA, was awarded a $25,000 grant from Arcadia University’s College of Health Sciences to investigate health and education needs in Ambergris Caye, Belize. The goals of the grant are to develop a collaborative partnership with local medical and educational professionals and to provide services through an international inter-professional education experience for Arcadia University graduate students.

In February 2016, faculty members from the College of Health Sciences’ Physical Therapy, Physician Assistant, Public Health and Genetic Counseling programs, as well as from the School of Education traveled to Belize to assess need and to plan the August 2016 project. Members of the School of Global Business also joined the trip to explore business-related needs on the island.

The initial request to investigate the possibility of a collaborative partnership between Arcadia and Belize came from local businesswoman Lara Goldman (Beaver College Class of 1993), and on the island, the team met with government officials, community leaders, parents of special needs children, educators, and medical professionals.

This August, 9 students and 6 professionals will return to Belize to provide services and education. Sessions will include seminars for Belizean teachers, home visits for children or adults with physical disability, clinic sessions to assess family history and genetic risks, prenatal educational groups, and seminars on topics specific to public health and mental/emotional health issues.

The inter-professional aspect of the project means that students will provide education and services specific to their discipline, and will also learn from peers in other professional programs. Research indicates that students who have had inter-professional experiences are more likely to practice collaboratively as professionals because they understand and value the contribution of other disciplines. This collaborative practice can lead to more focused comprehensive care, resulting in improved outcomes.

The team is excited about the August trip! Our goal, however, is to provide the education and health services requested by the Ambergris Caye community so that it will have the education, skills, and personnel necessary for self-sufficiency. Ultimately, we hope to work ourselves out of a job!
Arcadia's clinical education model culminating in a 6-month internship has been successfully operating since 2011. We are honored to have close working relationships with a select group of clinics that provide this experience. We have found that working more closely with a smaller number of clinical sites has raised the quality of experiences for our students. Clinical Instructors (CIs) and Center Coordinators of Clinical Education from our network participate on campus in labs and lectures, forming a stronger bridge between academic preparation and clinical practice. Arcadia alums are some of our most valued CIs!

CI Spotlight

Stephen Banks, PT, DPT '02 serves as Arcadia University associated faculty and a clinical instructor for our students at Capital Health in Trenton, NJ. Since 2011 he has mentored 2 students (2:1 model) each year for the 6-month internship in the acute care and outpatient settings. He participated with Arcadia faculty in research on the 2:1 model that was presented at CSM 2015 and 2016. He also served as a speaker on the 2:1 model for online modules developed locally and distributed nationally. We are excited about his accomplishments and continued involvement in our program.

Thank you, Steve!

Speaking of Clinical Education....

Director of Clinical Education, Susan Tomlinson PT, DPT, was awarded the 2015 PPTA Service Award on October 24, 2015, at the Annual Membership Meeting in Seven Springs, PA. Congratulations Susan, and thank you for all you do!
Featured in this issue are just a few of the accomplishments of our amazing PT graduates:

**Gammon M. Earhart ’94 BS, ’96 MSPT** was appointed Chair of the Physical Therapy Program at Washington University in St. Louis. Dr. Earhart received a PhD at Washington University, St. Louis, in 2000 and is currently Professor of Physical Therapy, Neurology, and Neurobiology. Gammon returned to Arcadia as the first winner of the College of Health Sciences Alumni Achievement Award in 2012. Dr. Earhart has a wide research interests which include neural control of locomotion, sensorimotor adaptation, Parkinson disease, applications of the circular treadmill, oculomotor control, freezing of gait, neuroimaging, neurorehabilitation, and the benefits of tango dancing. She is currently President-Elect of the APTA Section on Research. Gammon also participates in the Society for Neuroscience, the International Society for Postural and Gait Research, the International Parkinson and Movement Disorder Society, and PD EXACT (Parkinson Disease Exercise and Physical Activity Network).

**Marcus Nowak, ’84 MSPT** is a graduate of Arcadia’s first MSPT class and has been an official physical therapist for US Olympic rowing teams. He has been providing treatment to the national teams for more than a decade. The men’s team relocated to California, but Marc has remained the physical therapist for the women’s team which continues to train in Princeton, NJ. Marc’s Olympic work has taken him to Athens in 2004, Beijing in 2008 and London in 2012 and several other international venues for various rowing championships.

Marc says of the gamble he took on joining Arcadia’s then-unaccredited program: “PT wasn’t a big thing back then,” he says. “Sports medicine was a fledgling field, and was just becoming an accepted specialization. Beaver College’s program was also fledgling and tiny. But I was interested to see how Sports Medicine would progress and how it would develop the way that athletes approached sports.” The gamble paid off.

**Jacqueline Lovejoy Osborne, ’03 DPT** currently serves as the Coordinator for the multidisciplinary Geriatric Residency Program at Brooks Rehabilitation Institute of Higher Learning in Jacksonville, FL. There she develops and implements the Residency curriculum including providing didactic and psychomotor training as well as mentoring in the areas of clinical services, educational activities, professional services, scholarly activities, and practice management. Jacqueline has earned the CEEAA (Certified Exercise Expert for Aging Adults) and is a Board Certified Geriatric Clinical Specialist. Her primary clinical areas of interest are Parkinson Disease and Multiple Sclerosis.

Of particular note is that Dr. Osborne is the author of a recently published textbook entitled *Documentation for Physical Therapist Practice: A Clinical Decision Making Approach* published by Jones and Bartlett.
The Arcadia University Physical Therapy Alumni Association held its annual continuing education fundraising course on March 12-13, 2016 on campus, with over 100 attendees. The conference focused on medical screening with a range of speakers from a variety of medical disciplines including physical therapists, physician assistants, primary care physicians, and sports medicine physicians. The conference was a highly successful fundraiser with the money raised going toward supporting incoming DPT student scholarships, student travel to conferences, and international pro bono programs.

The PT alumni association also sponsored the Arcadia/Beaver/Penn reunion at the 2016 Combined Sections Meeting in Anaheim in February, 2016. Over 85 people attended including faculty, alums, students, and friends of the department in sunny California. Read on for more:

Arcadia University Physical Therapy was well represented at CSM in Anaheim. There were 11 faculty-student research projects presented, representing the work of 12 faculty and 25 students. Additionally, 8 different core faculty delivered educational lectures covering a wide range of topics. Another highlight of the meeting was our Alumni Reunion event held on the open-air patio of Ruth’s Chris Steakhouse. Alumni from our first class in 1984, our recent grads from 2016 and lots of folks in between enjoyed good food and drink together on a beautiful night.

Look for us in San Antonio in 2017!

Click here to support faculty-student research
Arcadia’s fully online Transitional DPT Program for physical therapists currently licensed in the United States is highly interactive and capitalizes on the wealth of knowledge clinicians bring with them. To date the program has graduated 415 students from 45 states. A recent graduate is featured below:

**Meet Dr. Peter Friesen, Head Athletic Therapist and Strength Conditioning Coach, Carolina Hurricanes Hockey Club**

My career has spanned 36 years as an Athletic Trainer, Strength Coach, Physical Therapist and Massage Therapist. The last 20 years have been in the NHL. Throughout that time I have always been looking for ways to improve myself and fill time on the road to be as productive as possible. That's when Arcadia came into my life. I graduated in January with a Doctorate of Physical Therapy.

The Doctorate was truly a great process. The professors were world class. It brought me up to speed with current trends in Physical Therapy and also allowed me to learn the new ways to evaluate and research the current trends in Physical Therapy. It has also opened up teaching roles at Duke and Campbell Universities.

**Residency Programs**

Our hybrid-learning model post-professional orthopaedic residency program was fully accredited by the ABPTRFE in September 2014, and has successfully graduated 5 residents to date. All residents who have taken their Orthopaedic Clinical Specialty examination have passed on the first attempt. Resident feedback has been overwhelmingly positive, with opportunities for residents to quickly advance their orthopaedic skills and decision-making under a structured mentoring process. Potential residents should contact Dr. Brian Eckenrode (eckenrodeb@arcadia.edu) about the program, which can be completed without the need to relocate. In addition, there are opportunities to partner with clinical sites and experienced orthopaedic physical therapists for teaching and mentoring collaborations.
Faculty Publications and Grants

Papers:

Books


Book Chapters

Grants
2. McClure P (Co-Investigator): Neurophysiology of Weakness and Exercise in Rotator Cuff Tendinopathy. RO1AR063713 NIH / NIAMS with Andrew Karduna (PI), University of Oregon. Total Budget $1,981,207, Arcadia Sub-contract: ($764,860 total, 8/1/14 -7/30/18); ($193,328 for 7/1/14-6/30/15)
3. Greenberg E, McClure P: Humeral Torsion in Developing Children and its Relationship to Throwing Sports, Sports Section, APTA, 7/1/14 – 6/30/16 (Pl: Greenberg) $5000
5. Harrington A, McClure P, Stackhouse S: Infraspinatus Activation in People with and without Rotator Cuff Tendinopathy. Orthopedic Section, APTA, 5/1/12 – 4/30/14 $15,000 (Currently on no cost extension through 4/30/16)
6. Readinger J.: Dan Aaron Stay Fit Exercise Program, Parkinson Council ($30,000). (1/1/2016-12/31/16)
7. Readinger J.: Movement Camp program for people with Parkinson’s Disease. Academy of Geriatric Physical Therapy. $1,000 5/18/15
9. Sawyer, K.: Assessing and improving the health, wellness and educational statuses for residents of Ambergris Caye, Belize, through an International Interprofessional Education Experience for graduate students, $25,000, Arcadia University’s College of Health Sciences & School of Education (11/1/16-12/31/16)
Dr. Oatis and Dr. McClure join Rachel Wilhide and Andrew Lally, both DPT ’14, at the Golf Outing for Arcadia University Athletics on June 22, 2015.

Wishing Professor Jan Tecklin well on his retirement from the department—May 28, 2015.

Current 2nd-year students present at a local elementary school in January 2016.

Dr. Kristin Day and husband Scott welcomed Madeline Day on May 20, 2015.

Silent auction winners from the classes of 2015 and 2016 spend the day on the water with Dr. McClure—July 12, 2015.
In November 2015, Dr. Kim Nixon-Cave delivered our Professionalism Day Lecture, also known as the Charles Magistro Lecture.

Dr. McClure tries to measure up to Joe Bucantis, a 2nd-year student who was presented with the 2016 Marty Palmè award for extraordinary effort on behalf of his classmates.

2016 John Robinson Award recipient Andy McCullough (left) and 2015 winner Josh Tizzard were honored to meet John Robinson in April, 2016. The Robinson award, chosen by classmates, goes to someone who makes an outstanding contribution to general morale while in the program.

Lauren Salter, ’16, assists a Movement Camp participant in June, 2015. Our 3rd Movement Camp is scheduled for June of 2016!

Have pictures to share? Please send photos with descriptions to: ptalumni@arcadia.edu
Find more program news, faculty bios, and contact information on our webpage:

www.arcadia.edu/academics/programs/physical-therapy-dpt

Make a donation to the PT Department’s Alumni Fund here

Update your contact information: https://alumni.arcadia.edu

Striving for excellence, every step of the way:
Arcadia University DPT Vision and Mission Statements

**Vision Statement**

The Department of Physical Therapy will be recognized for its premier educational programs. Graduates will be prepared as practitioners of choice to promote and restore movement through best practice and to collaborate with other health care professionals to optimize health, both locally and globally. The faculty will be recognized internationally as scholars, educators, and leaders.

**Mission Statement**

The mission of the Department of Physical Therapy is to prepare physical therapists to excel in evidence-based practice, discover and disseminate new knowledge, assume leadership roles, work collaboratively with other professions, and optimize global health. To accomplish this mission, the faculty pursues and models scholarship, best practice, and leadership