

INmotion

THE OFFICIAL PUBLICATION OF THE USC DIVISION OF BIOKINESIOLOGY AND PHYSICAL THERAPY



**USC BIOKINESIOLOGY
AND PHYSICAL THERAPY**

AROUND THE WORLD



PHOTO: SARA VILLAGRAN

SCHOOL-LIFE BALANCE

Raquel Lopez DPT '16 was first drawn to the slackline set up by classmate Mike Sensenbaugh DPT '16 one day at lunch. "It looked challenging and fun, so immediately I wanted to try it," Lopez says. Little by little, she got farther across the line each day, which helped boost her confidence. More than that, though, the intense concentration required to cross the line gave Lopez a mid-day mental reboot. "It was almost a form of meditation," she says. Now that she's a bit more adept, she's taken to doing tricks, including a crowd-pleasing tree pose. "The slackline has shown me that if I put my mind and body to something, I can really accomplish my goals."



TROJANS IN TRAINING

USC grad student and two-time Olympic medalist Oussama Mellouli '07 and physical therapist Tara Pollak DPT '03 strike a warrior 2 pose with a breathtaking Pyrenees Mountain backdrop.

PHOTO: BRETT ERICKSON

FEATURE

TROJANS IN TRAINING >> 9-10

BY HOPE HAMASHIGE

Suffering from tendinitis and a herniated disk, Trojan swimmer Oussama Mellouli '07 was facing surgery and up to a year out of the pool in recovery. Tara Pollak DPT '03 had a different idea, putting him through rigorous physical therapy and getting him back into the water to do what he does best—win championships.

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THE OFFICIAL PUBLICATION OF THE USC DIVISION OF BIKINESIOLOGY AND PHYSICAL THERAPY | WINTER 2014

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Biokinesiology & Physical Therapy



GLOBAL ENGAGEMENT: A TWO-WAY STREET

I don't have to travel very far from my office to come in contact with international cultures. A few miles in any direction will bring me to neighborhoods where Latin, Asian, African or European cultures and languages are predominant.

Indeed, I don't even have to leave our campus to interact with students and faculty from countries on nearly every continent. For the past 12 years, USC has had more international students

than any other university in the United States, and we certainly take advantage of that here in Biokinesiology and Physical Therapy. We also get many international visitors who come to visit the No. 1 PT program in the United States. Some stay for a quick tour and a few meetings; others study with us for weeks or months.

USC's strategic plan calls for global and local engagement in a city, Los Angeles, where the global and local are interwoven. The result of this global imperative is that USC strives for worldwide reach, and in this issue of *inMotion* you will read many examples of our Division's far reach and the variety of ways that our faculty and graduates have an impact worldwide.

But global engagement also means that we learn as much as we teach, that we receive as much as we give. Our interaction with international cultures, both here in Los Angeles and across the world, enriches us in ways that are immeasurable.

I believe that a willingness to travel to faraway places to learn from and interact with other cultures is built into the very DNA of Los Angeles. Our amazing system of freeways allows us to travel across the region, sometimes for great distances, so it should be no surprise that we are equally willing to travel across the ocean to teach and learn.

We should be proud of our faculty and graduates who travel the freeways in the sky to distant lands to lecture, teach and practice. We should also be grateful that those same freeways bring students, faculty, researchers and scholars to our classrooms and laboratories. As I said, it's all happening right here, just outside my office door.

Associate Dean and Chair,
USC Division of Biokinesiology & Physical Therapy

KEEPING THEM ON THEIR TOES >> 19-20

BY HOPE HAMASHIGE

Division alumna Kristen Sutton-Traina has been around dancers her whole life. In fact, with a mother and brother who dance professionally, she almost seemed genetically predisposed to being a dancer herself. But she chose a different path. Using her physical therapy background, she's found a way to keep dancers out of pain and on their feet.



USC DIVISION OF BIOKINESIOLOGY & PHYSICAL THERAPY

AROUND THE WORLD >> 12-18

BY HOPE HAMASHIGE, BETH NEWCOMB MPH '13 & YASMINE PEZESHKPOUR

The Division of Biokinesiology and Physical Therapy's reach doesn't end past Alcazar Street. Many alumni and faculty are making a difference on a global scale. Though we couldn't showcase all our faculty and alumni on the road, check out what these 14 globetrotting academics are doing to share ideas and effect change across the planet.

NEW COLUMN

MY INSPIRATION >> 25

BY DR. JESSICA CURRAN

It's the reason most healing arts professionals get into the field: They want to make a difference. Dr. Jessica Curran was able to do just that with a patient who had a strong will and an even stronger love for the Green Bay Packers.

CONTRIBUTORS



AHMED ABDULHADI BASHKEEL
DPT '10
Alumnus & UAE Minister of Health Aspirant

In 2010, Ahmed became the first United Arab Emirates national to graduate from the USC doctor of physical therapy program. After graduation, he returned home as the first Emirati DPT holder in his country. He currently works at Cleveland Clinic Abu Dhabi as manager of rehabilitation and inpatient therapies and is on a personal and professional mission to elevate the standards of health care in his country. Read Ahmed's story about how he's exerting USC DPT reach around the globe on page 18.



JESSICA CURRAN
PT, DPT, OCS
Alumna & Inaugural "My Inspiration" Writer

Jessica graduated from Saint Louis University in 2009 with a bachelor's in exercise science and a minor in Spanish. In 2011, she received her doctorate in physical therapy from SLU. After completing the orthopedic physical therapy residency at USC in 2012, she earned board certification as an orthopedic specialist. Currently, Jessica is a full-time clinical faculty member in the Division of Biokinesiology and Physical Therapy at USC. She penned our inaugural "My Inspiration" column—which will feature a different physical therapist each issue, sharing an inspirational patient care story—on page 25.



JOHN SKALICKY
Shutterbug

Los Angeles native John Skalicky took his first photography class at age 16 at Pasadena City College. Since then, he has taken courses at Art Center, Otis, Parsons and UCLA. Over the years, he has shot a variety of commercial work for a wide range of clients. "A photo session is never 'just a headshot,'" Skalicky says. "There is always the effort to capture the magic of each person." Check out Skalicky's work for our cover story, which appears on pages 12-18.



Rosemarie Nigro (circa 1950)

ALUMNA TURNS 102

Rosemarie Nigro '50 has lived through two World Wars, seen 18 American presidents occupy the Oval Office and traveled the world with the armed forces. Last May, the nurse-turned-physical therapist, who ran a private practice until she was 83, blew out 102 candles. Fight on, Rosemarie!

QUOTE WORTHY

“To witness the president sign something that I was so passionate about made me feel so proud ...”

Zuleima Hidalgo DPT '14 was one of several students invited to watch President Barack Obama sign a new law, rolling back student loan interest-rate increases. Read more: pt.usc.edu/StudentLoanBillSigning/

CALENDAR

FEB 4 **USC ALUMNI RECEPTION & CLASS OF '94 REUNION**
Stop by the Venetian Murano Room 3205 at the Combined Sessions Meeting for an alumni reception. Plus: The Class of '94 celebrates its 20-year reunion.
DETAILS—Murano Room 3205 >> The Venetian Palazzo Congress Center Level 3 >> 6:30-8 p.m.

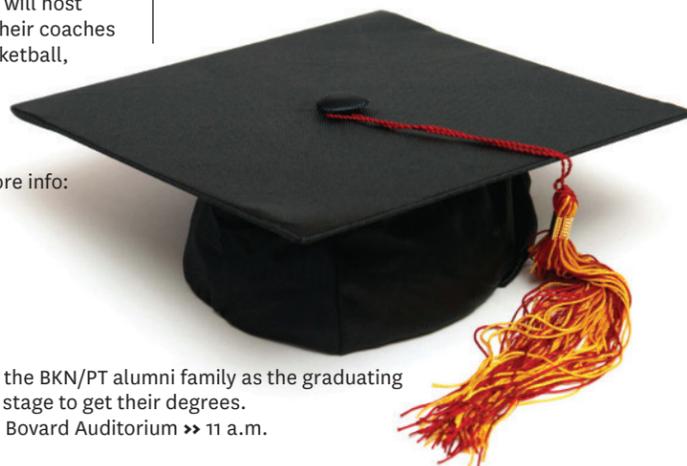
APR 17 **JACQUELIN PERRY RESEARCH DAY**
Join the Division for its second annual Jacquelin Perry Research Day where scientific investigators share and inspire their colleagues with their discoveries.
DETAILS—USC Health Sciences Campus >> Broad Lawn >> 11:30 a.m.-1:30 p.m.

MAY 3 **PT ALUMNI ASSOCIATION KICK-OFF EVENT**
The PT Alumni Association holds a continuing education course (“Too New: Patient Motivation Strategies Your Mentor Couldn't Have Taught You”) and then a social mixer.
DETAILS—USC Health Sciences Campus

MAY 15 **COMMENCEMENT AWARDS RECEPTION & CEREMONY**
Come celebrate the achievements of our graduating classes the night before commencement. Plus: Take a self-guided tour of the Division.
DETAILS—Broad Lawn >> 3-7 p.m.

JUN 6-9 **SPECIAL OLYMPICS SOUTHERN CALIFORNIA SUMMER GAMES INVITATIONAL**
In preparation for the Special Olympics taking place in Los Angeles in 2015, USC will host 2,000 athletes and their coaches for three days of basketball, track and field, swimming and gymnastics.
DETAILS—USC University Park >> More info: sosc.org

MAY 16 **COMMENCEMENT 2014**
Help us welcome a new class to the BKN/PT alumni family as the graduating classes of 2014 walk the Bovard stage to get their degrees.
DETAILS—USC Main Campus >> Bovard Auditorium >> 11 a.m.



ARMS RACE
USC PT researchers are looking for stroke survivors for a clinical trial determining how much physical therapy is needed for meaningful recovery of arm function after a stroke. For information about the Dose Optimization for Stroke Evaluation program, contact Clarisa Martinez at clarisa@usc.edu.

No. 8
Ranking of physical therapy in the U.S. News and World Report's 100 Best Jobs of 2013 list. The Bureau of Labor Statistics projects nearly 78,000 new jobs by 2020.

\$90,000

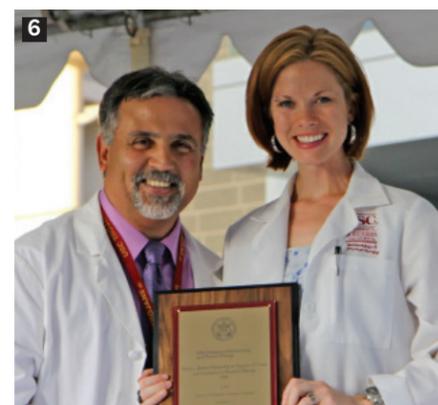
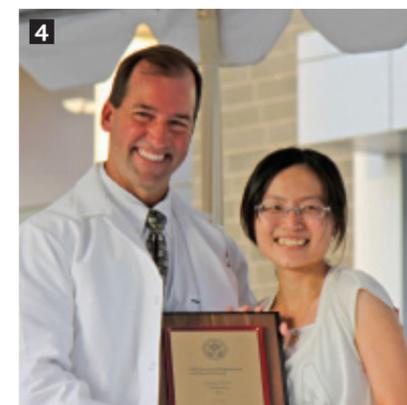
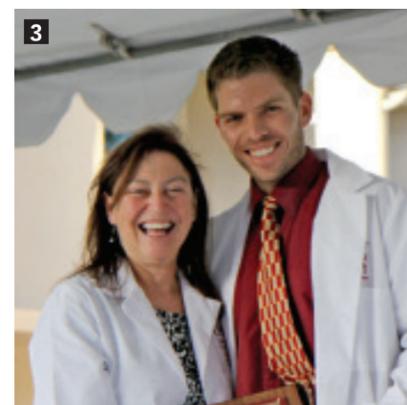
Total amount raised at We Run the City, a 5K race benefitting the athletes competing in the Special Olympics coming to Los Angeles in 2015. This year, the Trojans faced the Bruins in the fundraising run. Though USC handily won bragging rights for the year—and don't you forget it!—it was the Special Olympic athletes who walked away the real victors.



CONVOCAION & WHITE COAT CEREMONY

Aug. 29, 2013, Pappas Quad

1. More than 120 students and residents put on their symbolic USC white coats for the first time.
2. Dr. James Gordon & Judy Burnfield Ph.D. '03
3. Dr. Cheryl Resnik & Thomas H. Padilla DPT '14, recipient of the Josette Antonelli Division Service Scholarship
4. Dr. Chris Powers & Jacquelin Perry Scholarship recipient Ya-Yun (Alice) Lee Ph.D. '13
5. Beth E. Fisher, Lisette Ackenberg & Christopher S. Dahl DPT '16, recipient of the Beth E. Fisher Scholarship
6. Dr. Jesus Dominguez & Pamela K. Mikkelsen DPT '14, recipient of the Helen J. Hislop Scholarship In Support of Vision and Excellence in Physical Therapy
7. Dr. Linda Fetters & Shannon E. Coughlin DPT '14, recipient of the Sykes Family Scholarship for Pediatric Physical Therapy
8. Dr. Michael Simpson & Clinical Educator of the Year Award Winner Liz Poppert DPT '04



BURNFIELD HONORED WITH DIVISION'S HIGHEST ALUMNI AWARD



BY HOPE HAMASHIGE

The USC Division of Biokinesiology and Physical Therapy honored Judy Burnfield Ph.D. '03 for her professional accomplishments and service to the profession at this year's White Coat Ceremony.

As Division Chair James Gordon presented the 2013 Distinguished Alumnus Award to Burnfield, he recalled how she first demonstrated her winning combination of smarts and determination while completing her Ph.D. in biokinesiology.

As a USC student, Burnfield worked in the pathokinesiology laboratory at Rancho Los Amigos National Rehabilitation Center under Dr. Jacquelin Perry and in the USC biomechanics laboratory under Associate Professor Christopher Powers Ph.D. '96.

"That tells you all you need to know about Judy," Gordon said. "That she was able to survive—and indeed flourish—under two such demanding mentors demonstrates her fortitude, her intelligence, her work ethic and the thickness of her skin."

Since graduating in 2003, Burnfield has had many notable successes. Most recently, she was named director of the Nebraska Athletic Performance Laboratory at the University of Nebraska. At a recent reception for the opening of the state-of-the-art lab, Burnfield said she expects the lab to become a leader in both research and education related to the study of the human performance and safety of athletes.

Burnfield added that the laboratory is a collaborative effort between academics and athletics as well as with several partners from outside the university.

"This extraordinary collaboration will bridge not only academics and athletics but also the broader health care community and industry leaders to improve athletes' performance and safety well beyond their collegiate years," she said.

Burnfield also recently received a da Vinci Innovation Award—an international award recognizing technology that enables people of all abilities to participate in life—for her work on the Intelligently Controlled Assistive Rehabilitation Elliptical (ICARE) training system.

The ICARE is a motorized elliptical trainer designed to help people with limited mobility improve their walking and cardiovascular fitness. Unlike other devices, it has a sensor that adjusts the level of support, eliminating much of the need for therapists to intervene during exercise.

Burnfield has also published more than 25 research papers in peer-reviewed journals and has contributed several book chapters. Most notably, she and Jacquelin Perry co-authored the second edition of *Gait Analysis, Normal and Pathologic Function*, a book considered the definitive work in the field.

IN BRIEF

■ USC Alumni Association honors Kathleen Bice

Earlier this fall, the USC Alumni Association honored Kathleen Bice '69 with a Widney Alumni House Volunteer Award for her longtime support of the Division of Biokinesiology and Physical Therapy. The former faculty member—and one-time program assistant chair—helped establish the Division's Board of Councilors. She also helped develop the Division's alumni association—now boasting more than 600 members—and provided financial support to create the Kathleen Bice Clinical Research Center as well as the new Kathleen Bice Clinical Excellence Scholarship.

■ Kulig wins prestigious John H.P. Maley Lecture Award

As a Division of Biokinesiology and Physical Therapy professor, Dr. Kornelia Kulig is no stranger to delivering lectures. But last summer, she had the honor of delivering a very special lecture as part of her John H.P. Maley Lecture Award. Kulig, the 18th recipient of the prestigious award given by the American Physical Therapy Association, used her bully pulpit to explain that residencies belong in academic environments rather than small outpatient clinics.

■ Division welcomes new assistant professor Barbara Sargent

This summer, Dr. Barbara Sargent joined the faculty as an assistant professor of clinical physical therapy. Sargent has 24 years' worth of clinical experience, working at Children's Hospital Orange County as well as Mt. St. Mary's. She also brings with her research on the motor development and rehabilitation of children and infants with movement dysfunction.

■ Landel delivers Royce P. Noland Lecture

Professor Dr. Rob Landel delivered the Royce P. Noland Lecture at this year's CPTA conference. His lecture focused on AB 1000, which polarized the physical therapy community. The California law allows patients to see a physical therapist directly—no physician referral required—for 12 visits. Afterward, a physician must sign a plan of care. While the CPTA supports the law, some worry doctors will only refer to physical therapists they employ, threatening independent physical therapists.

■ USC DPT students win CAL-PT-PAC Cub Challenge

The Division of Biokinesiology and Physical Therapy won the California Physical Therapy Political Action Committee's Cub Challenge by having more students than any other California school involved in its PAC. The Cub program aims to get PT students involved early in political activism on behalf of the profession.

■ Division welcomes new assistant professor Beth Smith

This fall, Dr. Beth Smith joined the faculty as an assistant professor. She is initially slated to start a laboratory to study the effects of early therapeutic intervention on neural development and functional outcomes in infants with or at risk for developmental delays. Her research will be funded by the Rehabilitation Research Career Development Program, a consortium of learning institutions including the University of Texas, the University of Florida and USC.

DIVISION'S CHRISTOPHER POWERS ELECTED PRESIDENT OF THE CALIFORNIA PHYSICAL THERAPY ASSOCIATION

BY HOPE HAMASHIGE



Christopher Powers Ph.D. '96, an associate professor in the Division of Biokinesiology and Physical Therapy, has been elected president of the California Physical Therapy Association, the Golden State's chapter of the American Physical Therapy Association.

Powers is the Division's seventh alumnus to take the prestigious leadership role.

Powers takes the helm of the CPTA at a critical point for its 77,000 members.

The association successfully lobbied for a law to allow Californians direct access to physical therapy services. Effective Jan. 1, 2014, Californians no longer needed a physician diagnosis to see a physical therapist.

The new law also changes the rules of ownership of physical therapy practices.

With that battle behind it, Powers noted that the CPTA has a responsibility to help with the law's implementation, ensuring patients, practitioners and insurance providers understand the changes moving forward.

"With the passing of the new law, it will be important to increase public recognition of physical therapists as direct access practitioners," Powers said. "Also, we will need to work with insurance companies to obtain suitable payment for services rendered within a direct access environment."

Powers joined the faculty in 1997, a year after earning his Ph.D. in biokinesiology at USC. He was promoted in 2003 to associate professor and holds joint appointments in the departments of radiology and orthopaedic surgery. He is also director of the program in biokinesiology.

His relationship with CPTA dates back to his days as a USC graduate student.

Powers' first research grant, which funded part of the work for his dissertation, was awarded by the California Physical Therapy Fund. He has credited the organization with not only advancing his career but also advancing the entire profession through its support of researchers across the state.

"This grant provided me the money necessary to complete my dissertation, which at the time was focused on better understanding the pathomechanics of patellofemoral pain. I am happy to say that I have been able to continue this line of research now for more than 20 years," Powers said.

"Importantly, I was able to leverage this relatively small grant into a productive research career including more than 130 publications and more than a million dollars in federal funding."

Powers is co-director of the Musculoskeletal Biomechanics Research Laboratory at USC where he continues his research on how altered kinematics, kinetics and muscular actions contribute to lower extremity injury.



TROJANS IN TRAINING

BY HOPE HAMASHIGE

When a shoulder injury nearly sidelined competitive swimmer and USC grad student Oussama Mellouli '07, Tara Pollak DPT '03 stepped in to get him back on the fast track to success.



PHOTO: BRETT ERICKSON

Standing atop the Olympic podium in Hyde Park in 2012, Oussama Mellouli had achieved something he couldn't have imagined two years earlier when he was nearly sidelined by a shoulder injury. He had won two Olympic medals.

Mellouli attributes his success to finding the right physical therapist to help keep him in top shape.

He found his physical therapist in the same place where he earned his chops as a college athlete: USC.

Tara Pollak graduated from the Division of Biokinesiology and Physical Therapy with her doctor of physical therapy degree in 2003. Looking back, the pair says the partnership worked because of their shared ties to USC.

"It made sense to get two Trojans together. It's the highest caliber academics coming together with the highest caliber athletics," says Pollak, who is now a physical therapist and clinical director at Evolution Physical Therapy and Fitness in Culver City, Calif. "Plus," she adds, "the Trojan family really does stick together."

Just before meeting Pollak, Mellouli was having his worst season ever. "I was having so much pain. It was like a knife going through my shoulder." He had tendinitis and had struggled with a herniated disk in his lumbar spine. A couple of attempts at physical therapy hadn't been successful, and doctors were suggesting that he have an operation on his rotator cuff to get him back in competition.

Pollak convinced him to give physical therapy another shot because she wanted to come at his problem in a different way. She said that strengthening his shoulder wouldn't be a long-term solution. He needed to strengthen other muscles, such as his core, to keep his body steady in the pool, keeping the shoulder and back from being constantly strained.

"It was obvious from the beginning that she was very knowledgeable, and she was excellent at helping me understand things in a way that I never had before," Mellouli says.

Pollak put him on an exercise regimen that was tough, requiring the convalescing swimmer to perform his exercises correctly to get the best possible outcome in the shortest possible time.

Six months later, Mellouli could do his pool workouts and, rather than being slumped over in pain, he was able to emerge from the water with a smile on his face.

"It was very hard, and it took a major commitment for both of us," says Mellouli, who swims for his native country of Tunisia. "But, had I done surgery, I might have been in recovery for up to 12 months, and there was no guarantee that I would regain all the function and strength in my shoulder."

By the time he got to London—his third Olympics—he was back in top form, winning gold in the 10-kilometer swim and bronze in the 1,500-meter freestyle.

Mellouli announced his retirement after the 2012 games, but it lasted only seven months.

When he decided to return to the pool, one of the first calls he made was to Pollak, asking for her help to get him back on track.

Pollak and Mellouli spent much of the summer in France, preparing Mellouli for the first stage of his comeback, the 2013 Barcelona World Championships, where he won the 5-kilometer open water swim.

Now a graduate student at the USC Rossier School of Education, Mellouli has his sights set on the Olympics in Rio de Janeiro in 2016, when he will be 32. To get there, he said he plans to keep Pollak as an integral part of his training team.

"Her approach is to get my whole body, not just my shoulder, to perform on a different level," says Mellouli, noting that the results of their partnership speak for themselves.

A DAY IN THE LIFE OF A CHAMPION

Preparing Olympic medalist Oussama Mellouli for his comeback

After the 2012 Olympics, Mellouli admits he gained weight and got out of shape. When he chose to return to swimming, he and Pollak spent several weeks at a training camp in the Pyrenees Mountains for high-altitude training to get Mellouli ready for the first big challenge of his comeback—the 2013 World Championships in Barcelona, Spain. Here's a look at an average day in the training camp where Mellouli shed 25 pounds and, with Pollak's help, made sure intense training didn't aggravate an old shoulder injury:

BREAKFAST

Mellouli's breakfast would typically be something like an omelette with cheese, French bread with butter and jam, cereal and two to three pieces of fruit with yogurt. He had to eat a lot of calories to compensate for hours of working out.



MORNING WORKOUT



Mellouli's training would start with stretching and warm-ups. Pollak applied muscle aid tape, which is worn by many Olympic athletes to alleviate pain and injury. Mellouli would then spend two hours swimming.

PHYSICAL THERAPY

Because Mellouli was dealing with a strained sartorius last summer, Pollak would work on stretching that muscle. She also knows that he sometimes needs his left elbow mobilized because of an old injury. She gave him the once-over daily, making sure other body parts were in good working order, including soft-tissue mobilization to his pecs, active release techniques for scapular mobility and thoracic mobilizations and manipulations.



LUNCH

Typically, Mellouli would eat salad, lasagna, bread, soup and dessert.

AFTERNOON WORKOUT

Pollak, also a strength and conditioning specialist and yoga instructor, joined Mellouli for dry land training such as strength training, yoga or running. Then Mellouli spent two additional hours in the pool. Afterward, the pair watched films of Mellouli swimming to analyze his stroke, which was one strategy to individualize his physical therapy.



DINNER

The last meal of the day would include steak, veggies, potatoes, soup, salad, bread and dessert.

EVENING PHYSICAL THERAPY

The day closed with an additional hour of physical therapy. Again, the treatment was personalized and meant to help him recover from the day with ice or electric stimulation to any acute sore areas, such as his shoulders, elbow or hip.



—HOPE HAMASHIGE

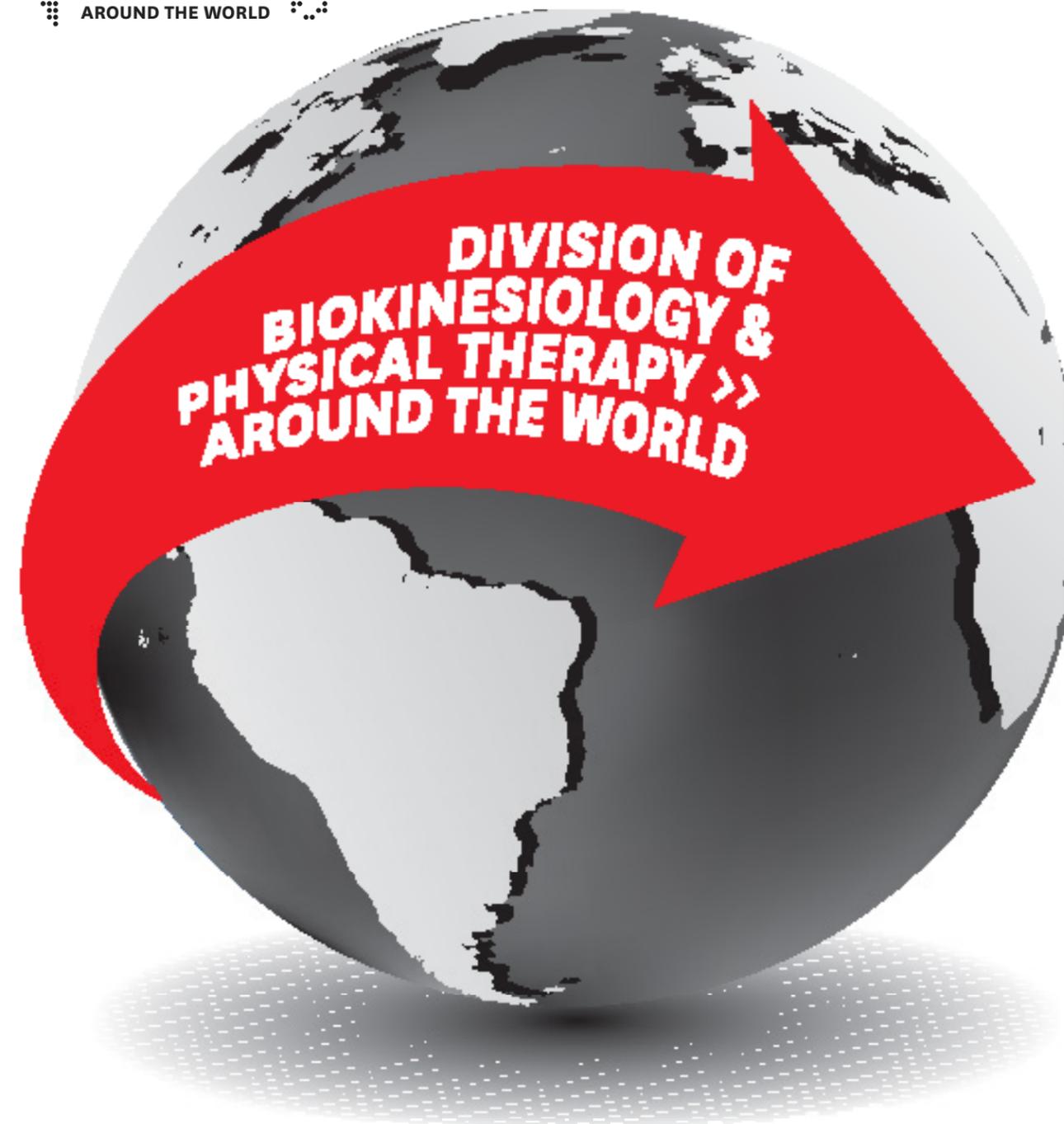


CPTA ANNUAL CONFERENCE

Sept. 20, 2013, Pasadena, Calif.

1. Faculty Members Lori Ginoza DPT '06, Erin Hayden DPT '06 & Kimiko Yamada DPT '06
 2. Michael Simpson DPT '09, Alison (Brown) Scheid DPT '06 & Lori Ginoza DPT '06
 3. 2013 Rising Star Award Winner Marie Yeseta DPT '12
 4. Jennifer Yue DPT '11, Aaron McGuinness DPT '11 & Gustavo Alonso DPT '14
 5. Aaron Willis DPT '00 & Nancy Krueger BS '69
 6. Rob Landel MSPT '84, DPT '96 flanked by his father Dr. Robert F. Landel Sr. and mother Dr. Aurora M. Landel

Read more about the CPTA annual conference, including a list of Division awardees at pt.usc.edu/cpta-2013



BY HOPE HAMASHIGE, BETH NEWCOMB MPH '13 & YASMINE PEZESHKPOUR

From lectures sending knowledge to faraway scholars to research partnerships spanning multiple continents, the USC Division of Biokinesiology and Physical Therapy alumni and faculty put the world in world-class. Read on to learn more about several of the Division's globetrotting academics and how international collaboration supports the mission of advancing the practice of physical therapy and the science behind it all. >>



Dr. Kornelia Kulig

CZECH REPUBLIC, GERMANY, POLAND & TAIWAN

Teaching, lecturing and consulting at universities has taken Dr. Kornelia Kulig around the globe more than a few times.

Kulig, professor of biokinesiology and physical therapy—along with two other Division faculty members Drs. Larry and Sally Ho—helped establish an orthopedic residency program at National Cheng Kung University.

She is also helping the University of Potsdam launch a graduate program in clinical exercise science. For the past three years, Kulig has taught courses there and brought those students to USC to see the work being done at the Division.

That program is one of the few advanced degree programs in movement science in Europe.

Kulig also has given lectures and taught in other parts of Europe. She recently gave lectures on her research at Czech Technical University and Motol Hospital at the Charles University, both in Prague, and the University of Fernando Pessoa, Portugal. She also has an ongoing relationship with the Academy of Physical Education, Wroclaw, Poland, where she received her Ph.D.

Of juggling her international responsibilities with her responsibilities at USC, Kulig says: “I think it is part of my identity to facilitate learning.”

—HH

Dr. Nicolas Schweighofer

FRANCE

Associate Professor Nicolas Schweighofer Ph.D. '95, director of the Computational Neuro-Rehabilitation Laboratory, travels between disciplines and continents to study motor learning and stroke recovery from a neuroscience perspective. Dr. Schweighofer's appointments include the Division of Biokinesiology and Physical Therapy, neuroscience, computer science and biomedical engineering.

He completed his Ph.D. in neuroscience at USC in 1995 before traveling to Japan for a postdoc in computational neuroscience. He met a team of experts in motor learning neuroscience and functional magnetic resonance imaging who provided him with insight for an ambitious project: creating an accurate predictive model for stroke recovery.

Schweighofer's colleagues in France manage a major clinical aspect of the project. Patients recovering from stroke perform rehabilitation exercises while in a robotic exoskeleton; data collected from the exoskeleton tracks the progress in the patient's arm and hand movement, motor control and brain healing. Schweighofer's USC team uses the data to create a mathematical model of how much and what type of recovery takes place.

The models could one day predict patient recovery and provide individualized rehabilitation plans, Schweighofer says.

“Ideally, based on the recovery prediction, we'd tailor the treatment to the patient,” he says. “We hope to use adaptive methods to improve stroke outcome.”

—BN



Dr. Cheryl Resnik

CHINA

As part of the evidence-based practice curriculum for USC physical therapy students, Dr. Cheryl Resnik shares her knowledge of health care delivery, including the perspectives of patients, therapists and the healthcare system.

Resnik DPT '97, associate professor of clinical physical therapy and associate chair, studies administration and professional behavior, with emphases on communication skills, personal values and how social issues impact health care delivery.

Her efforts to help students become effective, compassionate physical therapists haven't been limited to U.S. students.

In 2011, Resnik lectured about physical therapy at Beijing Sport University (BSU). There are few physical therapy programs in China, Resnik says, and BSU wanted to create an entry-level program with USC's guidance.

Resnik's insight sparked the creation of a memorandum of understanding between the universities designed to encourage collaboration in education and research activities.

BSU sent students to the United States to participate in the first year of USC's curriculum, Resnik says, and is looking to collaborate in an exchange of scholarly information and joint projects.

“Student visitors [from BSU] have observed care at both our faculty practices as well as at the Keck Hospital of USC, so they've gotten to see a broader picture of what physical therapy can offer,” Resnik says.

—BN



Drs. Sachithra Samarawickrame & Rami Hashish

BRAZIL

Dr. Sachithra Samarawickrame and Dr. Rami Hashish, both biokinesiology Ph.D. candidates, presented their individual research at two conferences—the International Society of Biomechanics Congress and the International Footwear Biomechanics Symposium—last summer in Brazil.

Hashish and Samarawickrame both study different aspects of the biomechanics of running and lower extremity injury. Both work in the Musculoskeletal Biomechanics Research Laboratory where they collect data for their respective research.

Their study entails slowly transitioning 30 shoe-wearing runners to barefoot running over eight weeks. The research focuses on characterizing the various biomechanical and physiological adaptations that take place in response to this transition.

“It first came up because a guy won a marathon running barefoot, which started a trend of barefoot running,” explains Hashish, referring to the 1960 Olympic victory of Ethiopian Abebe Bikila. Since then, he adds, there has been growing interest in researching barefoot running and preventing injury.

Samarawickrame, who is also a medical doctor, researches muscle and tendon adaptation in response to novel eccentric loading and fatigue. Hashish, who also holds a doctor of physical therapy degree, studies the potential for lower extremity injury by looking at the biomechanical variables that are predictors for injury.

—HH

Dr. Beth Fisher

POLAND

Beth Fisher MSPT '80, Ph.D. '00, associate professor of clinical physical therapy, is director of the Neuroplasticity and Imaging Laboratory. Dr. Fisher's team uses sophisticated imaging to study how brains, including those affected by Parkinson's disease and stroke, change in response to intensive exercise and skilled rehabilitation.

Through colleague Dr. Kornelia Kulig, Fisher met like-minded researchers led by Professor Anna Jaskólska at the University School of Physical Education in Wroclaw, Poland. While visiting Poland as keynote speaker for the 2013 International Physiotherapy Conference, Fisher was hosted by Jaskólska's team and toured laboratories, discussed common aims in exercise-induced brain and behavior recovery and lectured to 20 Ph.D. students.

Following Fisher's visit to Poland, Jaskólska's mentee, Jarek Marusiak, visited USC in November 2013 prior to presenting at the Society for Neuroscience meeting in San Diego. He worked with patients, toured laboratories and presented at the Division's laboratory meeting.

Fisher says further collaboration is in the works, including clinical research on how high-intensity exercise improves outcomes for Parkinson's patients.

"There are lots of intersections," Fisher says. "Collaboration could contribute to a world-wide paradigm shift, including patients with Parkinson's being seen earlier and undergoing more intense rehabilitation."

—BN



Dr. Francisco Valero-Cuevas

SWEDEN

Dr. Francisco Valero-Cuevas, professor of biokinesiology and physical therapy and professor of biomedical engineering at the USC Viterbi School of Engineering doesn't just bridge disciplines with his research on biomechanics, neuromuscular control and human movement rehabilitation. His work also spans nations.

Recently, he and collaborators at USC and the Karolinska Institute in Sweden published studies in the *Journal of Neuroscience* and the *Journal of Neurophysiology* that revealed exciting data about motor control development.

The studies show the time window for improving fine motor skills in the hand lasts into adolescence, much longer than previously thought. This means that starting or continuing rehabilitation later than recommended can still have positive results for patients with movement disorders, Valero-Cuevas says.

The studies used a tool Valero-Cuevas devised with several springs to measure a patient's fine motor ability. The springs get progressively tougher to compress, providing an objective measurement for hand skills. The studies' clinical research was performed in Sweden.

Collaborating with international partners on clinical research is often advantageous, Valero-Cuevas says. "Other nations organize their health care systems differently than in the U.S.," he says. "Working with partners in these countries can give us a different clinical perspective and streamlined access to specific populations."

—BN



Dr. Robert Landel

ITALY

This summer "served" up a lot of excitement for Robert Landel MSPT '84, DPT '96. The Division professor of clinical physical therapy received a silver medal in beach volleyball pairs at the 2013 World Masters Games in Torino, Italy.

Dr. Landel and his partner squared off against teams from all over the world before landing in the semifinals against Italy.

"The semifinal and final games were the most exciting to play," says Landel, who defeated the Italian team to compete against Brazil for the top prize.

"We got out to a bad start in the first set [against Brazil], fought back but lost in a very close game," he says.

"We were happy with how we played, though," he says. "Brazil is a very talented team; one player's son is one of the best players [Pedro Solberg Salgado] in the world right now, good genes," he adds, with a laugh.

"At the end of the games, there is a tradition of exchanging uniforms with players you respect; both the Brazilians and Italians wanted to trade with me, which was a great feeling."

In addition to his role behind the net, Landel plays a large part in USC's Division of Biokinesiology and Physical Therapy, serving as professor of clinical physical therapy and director of the doctor of physical therapy and residency programs.

—YP



Drs. Lilian Chen-Fortanasce & Michael Fortanasce

CHINA

Even though it was the Chinese Olympic Committee who invited Dr. Lilian Chen-Fortanasce DPT '03 to consult their athletic teams in 2006, her approach to healing injured athletes was met with skepticism.

Physical therapy, as it is practiced in the United States, didn't even exist for China's most elite athletes in 2006. Musculoskeletal injuries, caused by improper training or overtraining, often turned small traumas into major biomechanical problems.

Chen-Fortanasce and her husband Dr. Michael Fortanasce DPT '96—both former Division faculty members—were on hand to treat athletes during the 2008 Summer Olympics in Beijing and have continued to work with Chinese Olympians.

The initial resistance to the Fortanasces' methods has waned. In fact, their work has been so convincing that the Chinese Olympic Committee sent several rehabilitation specialists to study at the Fortanasces' clinic, Fortanasce & Associates, and take USC's orthopedic sports residency classes.

And Chen-Fortanasce, along with Dr. Joe Godges, an adjunct faculty member, is working to help two Chinese universities to integrate Western physical therapy into their rehabilitation programs.

"I think China is at a tipping point where they are engaging Western science into their rehabilitation and training," says Chen-Fortanasce.

—HH

Drs. Larry & Sally Ho

CHINA & TAIWAN

Larry Ho DPT '97 and Sally Ho DPT '97 are using the expertise they earned from their long association with the Division to help improve the quality of physical therapy education at several universities in China and Taiwan.

Drs. Larry and Sally Ho, both Division faculty members, are also on the faculties of two universities in Taiwan—National Taiwan University and Cheng Kung University.

At National Taiwan University in Taipei, where they both studied as undergraduates, the Hos helped establish Taiwan's first doctor of physical therapy program, which recently enrolled its first class.

They also helped establish Taiwan's first orthopedic residency program at National Cheng Kung University in Tainan, with help from Division faculty member Dr. Kornelia Kulig.

Though their relationship with Taiwan dates back many years, their work in China began just before the 2008 Olympics when they were invited to train the rehabilitation staff of the Chinese Olympic team.

Right now, they are helping Sun Yat-sen University in Guangdong set up a master's program in physical therapy. China is in great need of developing its physical therapy profession, Larry Ho explained.

"We are trying to represent USC in that part of the world," he says, "and we want to help raise the educational standards and clinical competence around the Pacific Rim."

—HH



Dr. Ahmed Abdulhadi Bashkeel

UNITED ARAB EMIRATES

BY AHMED ABDULHADI BASHKEEL DPT '10

I attended the DPT program at USC from 2007 to 2010. They were three wonderfully enlightening years. Any DPT graduate can attest to its rigorous curriculum, but there's also an amazing feeling of personal growth and achievement when you complete the program.

On May 14, 2010, I walked the stage at the Bovard Auditorium with my fellow classmates to receive my DPT degree.

I completed the licensure and jurisprudence exams soon afterwards, and, in August 2010, I proudly returned home to Abu Dhabi, United Arab Emirates as the first Emirati Doctor of Physical Therapy. I had big plans for the future.

USC's indisputably excellent physical therapy education taught me two important things I was able to translate into my clinical practice—the ability to think critically when treating patients and the significant value of individualized patient care.

(continued below)



Dr. Joe Godges

KENYA

As part of a collaboration with the Ann and Richard Jackson Foundation and the Kenya Medical Training College (KMTTC), Dr. Joe Godges traveled to Nairobi the past two years to volunteer as an instructor for the advanced diploma in orthopaedic physical therapy.

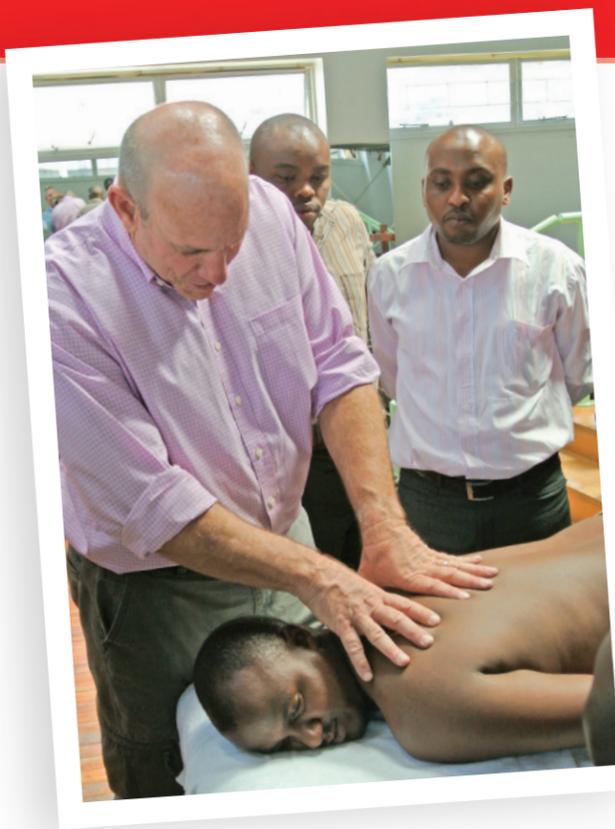
"The [orthopaedic physical therapy] program is offered to 20 Kenyans each year, where the students—all physical therapists who graduated from KMTTC—return for six two-week modules of classroom, lab and patient care experiences taught by volunteer clinical experts from the U.S.," he says.

"I have taught the first two-week module for the past two years. The first module is on clinical reasoning and forms the foundation for the other program modules, which are focused on evaluation and treatment of region specific disorders."

The Ann and Richard Jackson Foundation helps Africa with its physical therapy profession by collaborating with government and educational organizations to provide advanced clinical training for therapists. The foundation has implemented programs in Ethiopia and Kenya.

In addition to his passion for volunteering in the physical therapy programs in Africa, Asia and the Middle East, Godges serves as adjunct associate professor of clinical physical therapy at USC.

—YP



Many of my patients have repeatedly expressed their satisfaction with how I look at them as individuals and not just as a product of their impairments and functional limitations. Treating patients with empathy is as much a part of the formula for success as any therapeutic exercise or manual mobilization.

My initial plan when I returned to Abu Dhabi was to be an expert clinician. I was on the right track, enjoying good success with a high percentage of my patients, particularly patients with knee injuries. I was even getting patients referred to me from other emirates.

Furthermore, besides treating anywhere from 10 to 20 patients per day in an outpatient orthopedics facility, I also presented lectures at universities, wrote articles for magazines and newsletters and became an active member of the scientific community.

I came to realize, however, that though I am certainly helping to improve the quality of my patients' lives, I wasn't making a large enough impact on my society.

Additionally, I was frankly quite disappointed with the quality of health care in my country. I wanted to be a catalyst for positive change.

In February 2012, I flew to Los Angeles to catch up with some of the USC faculty. I updated them on what I was doing and sought their counsel on how best to proceed in my career. They all gave me pertinent advice, but the words of Dr. Jesus Dominguez repeatedly resonated in my mind—"You have to learn how to politely say no." He was right. I was basically saying yes to every opportunity that came my way, and some of those endeavors were taking a lot of time and energy from me without helping me reach my goals. That was a massive realization for me.

A few months ago, I accepted a job offer to become the manager of inpatient therapies at Cleveland Clinic Abu Dhabi. It is a wonderful opportunity for me, one of which I am very excited about and confident in my ability to succeed in.

Who knows what the future has in store for me? But I do know that during my time at USC I experienced invaluable personal growth and a greater sense of purpose. I strive to become the UAE's minister of health one day.

But if I don't, I am at least certain that I will have reached a high enough level to be able to make positive changes for my country. And that in itself is an accomplishment of my personal and professional goals.



KEEPING THEM ON THEIR TOES

Strength



Kristen Sutton-Traina DPT '12, has managed to integrate an inherited gene for dancing with her own interests to carve out a specialty field in physical therapy—caring for dancers and gymnasts.

BY HOPE HAMASHIGE

When the USC Division of Biokinesiology and Physical Therapy honored this year's physical therapy residency graduates at the White Coat ceremony, one of the program's graduates was half a world away, working with the U.S. Rhythmic Gymnastics team as it competed in the world championships in Kiev, Ukraine.

"I feel honored to have the opportunity to work with such an incredible group of athletes," says Kristen Sutton-Traina DPT '12, who completed her orthopedic physical therapy residency in August 2013.

While it was her first trip to Ukraine, it was not her first time working with U.S. gymnastics teams.

Dr. Sutton-Traina has been around dance all her life. Her mother danced in a non-profit organization that puts on shows to raise money for medical research. Her brother, Charlie Sutton, followed in their mother's footsteps and is now a Broadway veteran, who is currently performing in the hit musical *Kinky Boots*.

Sutton-Traina's own interest in dance took her down a different path; she helped dancers stay healthy initially as an athletic trainer. She worked with dancers at Disneyland Resort, went on tour with *Lord of the Dance* and got her first experience working with U.S. gymnasts.

She quickly realized that many dancers perform with pain and suffer career-ending injuries even into their 20s. She began to feel that there had to be a better way to help dancers prevent injuries and keep them healthy.

"I started thinking about creative ways to improve their medical care and help prolong their careers, which led me toward the profession of physical therapy," she says.

In considering which programs might best suit her interests, Sutton-Traina explains that USC was the obvious choice.

"It is the number one program in the country, and that was one reason," she says. The other was that it would offer her the opportunity to work with Dr. Kornelia Kulig, whose work with tendonopathies has intertwined with dance medicine.

"Dr. Kulig's interest in dance and willingness to explore the influence of movement on the body provided an invaluable experience, allowing me to grow as a researcher and a clinician," Sutton-Traina says.

Working with Kulig helped her to understand the power of combining skilled practice with top-notch research, she adds.

Furthermore, the clinical training at USC is diverse and grounded in science. It offers strong clinical experiences working with people with a variety of movement disorders.

Sutton-Traina's athletic training background gave her a foundation in orthopedics, but she believed that working with patients with neurological dysfunctions would enrich her interest in movement.

"You really have to be in touch with movement when you are working with patients with neurologic dysfunctions," she says, "and you see how simple suggestions can make big differences."

During her third-year clinical rotation, Sutton-Traina traveled to New York to work with Broadway dancers.

Upon returning to USC, she found other opportunities to provide care to dancers, including working with the L.A. Dance Project during her residency.

As her time with USC wound down, Sutton-Traina's journey came full circle. She is back to working in orthopedics and back to treating dancers and gymnasts.

She recently began a new job at Select Medical working with the performers at Disneyland Resort.

She has worked with this group of dancers and performers before, but with several years of physical therapy training under her belt, she believes she has more tools to keep these dancers performing at their peak for longer.

"All the years devoted to school have provided a solid foundation, allowing me to treat my patients more effectively, and although dance medicine is a small specialty within physical therapy, I definitely see this as my future," she says.

PHOTO: TRACEY CALLAHAN MOLNAR

Research Grants

January–November 2013

PRINCIPAL INVESTIGATOR	BKN/PT CO-INVESTIGATOR	PROJECT TITLE	SPONSOR	AWARD AMOUNT
Christina Dieli-Conwright	–	Effect of Exercise on Adipose Tissue Macrophages in Obese Breast Cancer Survivors	USC Southern California Clinical and Translational Science Institute	\$30,000
Susan Duff	Linda Fetters, Barbara Sargent & Jason Kutch	Augmenting Recovery of Muscle Activation and Function in Infants with Brachial Plexus Injury	American Physical Therapy Association–Section on Pediatrics	\$24,456
James Finley	–	Engineering Career Development Center in Movement and Rehabilitation Sciences (K12)	National Institutes of Health (Subcontract from Northwestern University)	\$270,000
Jackie Kiwata	–	American College of Sports Medicine Travel Grant	California State University Chancellor’s Doctoral Incentive Program	\$2,555
Michael O’Donnell	Jo Armour Smith (Ph.D. student), Kornelia Kulig & Alex Abzug (Ortho resident)	How Should We Teach Lumbar Manipulation? A Consensus Study and Biomechanical Assessment of Operator Dynamics During Side-lying Lumbar Manipulation	California Orthopaedic Manual Physical Therapy SIG	\$3,000
Scott Russell & George Salem	–	Yoga to Improve Posture and Muscular Performance in Persons with Cystic Fibrosis	Webb Foundation Cystic Fibrosis Center Grant (Subcontract from Childrens Hospital Los Angeles)	\$20,484
George Salem & Sachithra Samarawickrame	–	Quantifying Muscle And Bone Changes In The Foot And Leg Using Magnetic Resonance Imaging	USC Southern California Clinical and Translational Science Institute	\$20,500
Susan Sigward	–	Does Early Gait Training Improve Lower Extremity Sagittal Plane Loading Following Anterior Cruciate Ligament Reconstruction?	California Physical Therapy Fund	\$9,095
Nicolas Schweighofer & Carolee Winstein	–	Optimizing the Dose of Rehabilitation After Stroke - Administrative Supplement	National Institutes of Health	\$186,803
Beth Smith	–	Rehabilitation Research Career Development Program (K12)		\$405,000
Francisco Valero-Cuevas	–	Structure and Function fo the Finger Tendinous Apparatus	National Institutes of Health	\$2,543,557
Kimiko Yamada	–	Head and Neck Cancer Rehabilitation: A Pilot and Feasibility Program	American Head and Neck Society	\$1,000

5 THINGS TO KNOW ABOUT DR. JAMES FINLEY

Getting to know James Finley, Ph.D., a new assistant professor in the Division.

1. It was a serendipitous twist—or maybe just a clerical error—that forever changed Dr. James Finley’s career trajectory.

As a freshman at Florida Agricultural and Mechanical University, Finley dreamed of using his engineering degree to make car engines run faster. The first stop on his way to an automotive engineering career was an internship at Ford Motor Company. When Ford realized it couldn’t bring on the number of interns it had initially planned, Finley was left scrambling. Enter Medtronic, a medical device manufacturer. It was a real game-changer for Finley. “That was my first experience where I realized that we could use engineering to improve people’s health,” he says.

2. In graduate school, Finley became interested in the control of human locomotion.

A course at Northwestern University called Sensorimotor Control first stoked his interests when he realized how different components in the nervous system were responsible for certain aspects of movement—something he thinks of in analogy to a car where every component has an independent and interdependent function within the engine to make the car move. After graduate school, Finley worked at the Rehabilitation Institute of Chicago whose principal patient population are stroke survivors. It was there he became interested in how stroke survivors walk.

3. One of the first tasks on Finley’s to-do list at the Division is to start the Neural Control and Mechanics of Human Locomotion Laboratory.

Finley’s been charged with setting up a new research center to answer some of motor learning’s prevailing questions. With a split-belt treadmill, a metabolic cart and an EMG, Finley hopes to work with individuals to research

whether or not humans choose walking patterns to minimize energy expenditure and how stability and energetics influence how one learns to walk. He hopes to apply his findings to maximize rehabilitation for stroke survivors.

4. When it came to choosing USC—more than 2,000 miles away from his family in Chattanooga, Tenn.—it was Division faculty that made Finley’s mind up. The weather didn’t hurt, either.

Finley says coming to USC was an easy sell. As a candidate for assistant professor, he visited twice, meeting nearly all the Division’s faculty. He had a good deal in common with a vast majority of them and thought their work could complement each other. “I know collaborative research is a buzzword right now [in academia], but it’s actually a part of my personality,” Finley says. “I prefer to work with others as opposed to just being an island. And I saw that that was not only possible here, but was very common. And you don’t really see that everywhere.” As for that weather, Finley’s an avid biker and runner, so warm weather year-round helps him get away three or four days a week to indulge his passion.

5. Though Finley had three advisers who’ve really helped him become who he is today, one of his greatest motivators is his wife, also a USC faculty member.

He’s had rigorous advisers who have instilled in him solid, scientific habits, but it’s his wife Stacey Finley, an assistant professor in biomedical engineering at USC, that really keeps him on his toes. “If one of us does really well, gets an award or something like that, it really tells the other person that this is possible,” he says. “It’s nice to have that in-home reinforcement. I think that’s really served us well.”

BY JOHN HOBBS





HOMECOMING WEEKEND

Nov. 16, 2013, Argue Plaza

1. Douglas Frantom, Taylor Frantom, Linda Frantom DPT '85 & Jeffrey Frantom 2. Armin Shaverdian DPT '07, Carin Shuler DPT '74, Mary Lou (Scherr) Zelman DPT '74 & Bernie Zelman 3. Jennifer & Scott McCauley DPT '08 4. Jo Ochoa & Art Ochoa 5. Leigh Langerwerf '04 & his boys 6. Crystal Moore DPT '07 & Tiffany Beuving DPT '07 7. Baby boom! Chanelle Fasbender-Lopez DPT '08, Joseph Lopez, Ben Butts DPT '08, Cassandra (Anido) Butts DPT '08, Risha (Amin) Strople DPT '08 & Brian Strople DPT '08 all had babies around the same time. 8. Covey Lazouras DPT '01 & Cherise Lathan DPT '10

PHOTOS BY: SV-SARA VILLAGRAN, GM-GLENN MARZANO

To see more images, go to tinyurl.com/pthomecoming13

1983

BECKY CANESSA CLEARY MS PT is the clinical services manager for San Joaquin Valley Rehabilitation Facility, a 62-bed inpatient rehabilitation center. She was awarded the commission on Accreditation of Rehabilitation Facilities Amputation Specialty and renewed her Stroke Specialty accreditation.

1993

ANDREA AVRUSKIN MPT is finishing her master's in media and communications psychology from Touro University Worldwide. She currently serves as a public relations committee chairperson for the Nevada Physical Therapy Association. She also writes content for *MoveForwardPT.com* and holds a spot on American Physical Therapy Association's editorial board. The former backstage physical therapist for *Lion King* the last two years of its Vegas run, Avruskin now heads to the Smith Center for the Performing Arts to treat the cast of national touring shows such as *Sister Act*, *Anything Goes*, *Memphis* and *Evita*.

1994

JANET (KIRBY) GANGAWAY MPT received the 2013 Judy Cirullo Award from the Aquatic Section of the American Physical Therapy Association in recognition of outstanding promotion of aquatic physical therapy through service and clinical practice.

1996

LAURA TIETJEN MPT will be at the Winter Olympics in Sochi, Russia, working with the U.S. Olympic freeski slopestyle team. "Nothing will be more exciting than to see each athlete's perseverance, respect for each other, integrity as professional athletes and accountability culminate in achieving their Olympic experience," Tietjen says.

1999

JASON PARK DPT and **JAMES LEE DPT '05** recently opened a second location of their private practice, Southland Physical Therapy, in Costa Mesa, Calif. Park says they're already planning a third and fourth location. The two are happy to report they employ three fellow Trojan physical therapists.

2002

JAKE IRWIN DPT has been teaching advanced orthopedics at Georgia State University for the past two years and recently opened a faculty practice for the university. He's also served as a delegate with the American Physical Therapy Association. Irwin wraps up 2013 by working with the U.S. bobsled and skeleton team at two world cup events, with hopes of continuing with the team in Europe.

2003

SUMMER (WILKERSON) HAVILAND DPT is working at Burger Physical Therapy and Preferred Healthcare Registries Inc. She's also a captain in the California Army National Guard, working as a brigade physical therapist. She is married to Army Major Keith Haviland, with whom she has a 3-year-old son named Konnor.

JOHN KIM DPT, MHA recently accepted a director position with the Sutter East Bay Medical Foundation. He will be charged with managing their new medical office building located in Berkeley, Calif.

2004

CARINA ESCUDERO TESTA MPT '95, DPT and her husband welcomed son Miguel Daniel Testa on Aug. 2, 2013. He weighed seven pounds and 11 ounces and measured 21 inches long. She and her husband are thrilled to have this bundle of joy—who, she says, is already an 'SC fan—in their lives!

2009

NATALIE LOPEZ DPT became a board-certified specialist in pediatric physical therapy with the American Board of Physical Therapy Specialties in June 2013. She is working on opening a pediatric physical therapy practice in the San Fernando Valley and maintains a blog called *Beyond Basic Play* that is focused on pediatrics and pediatric physical therapy.

2007

EMMANUEL YUNG DPT co-developed and launched an iPad/iPhone app called "Clinical Pattern Recognition—Low Back Pain." Yung describes it as a simple-to-use, guideline and evidence-based orthopedic rehabilitation app designed to help students and clinicians hone their clinical reasoning skills regarding examination, differential diagnosis, movement faults, treatments and exercises for lower back pain.

2008

RISHA (AMIN) STROPLE DPT married classmate Bryan Strople two years after graduation. After a couple of years, the couple bought Huntington Beach Physical Therapy Specialists. In August 2013, they welcomed daughter Sloan Houston Strople—DPT Class of 2038, Risha jokes—to their family.

CRYSTAL (BECKER) FINN DPT and husband Tim welcomed Riley J. Finn to the family on July 16, 2013.

CHRISTIAN LITTLE DPT is beginning her fourth year as a full-time faculty member at Regis University. She's helping the university develop a residency program. Currently, she's traveling the world, presenting courses like "Conservative Management of the Hip: The Labrum and Beyond," taught in both Italy and Canada, as well as presenting her research at professional conferences such as the American Academy of Orthopaedic Manual Physical Therapists. She currently has two papers in review for publication.

REBECCA (SANDERS) WOOD DPT started a new job as a staff physical therapist at The Sports Rehabilitation Center in Atlanta. Wood is the current chair of the Georgia Physical Therapy Political Action Committee and was recently elected as Georgia Delegate to the American Physical Therapy Association House of Delegates. She also recently received her board certification in orthopaedics.

JARED VAGY DPT developed an ongoing column for *DPM Climbing* magazine titled "Emerging Concepts in Injury Prevention." He has already published three articles on topics including rotator cuff strain, climbing warm-up exercises and climber's elbow. He's also been chosen to be a test item writer for the OCS exam.

2011

TIANA HOKUTAN-LAYNE DPT married classmate **SCOTT LAYNE DPT** in April 2013 in Kailua-Kona, Hawaii at Four Seasons Hualalai.



Got some exciting news to share with your fellow alumni? Tell us about your awards and grants, publications, professional developments, births and marriages at pt.usc.edu/Stay_In_Touch for possible inclusion in an upcoming *inMotion*.

Faculty member Dr. Jessica Curran shares the story of a patient who fought cancer, lost his leg and half his pelvis yet still managed to inspire those around him with his fortitude and love for the Green Bay Packers.



As physical therapists, we enjoy the opportunity of helping people on a daily basis.

I have always aspired to empower my patients with education and motivation during their rehabilitation to inspire them to achieve better than their pre-injury baseline. Whether I am working in the inpatient or outpatient setting, every patient has a different motivation. No matter the motivation, the greatest successes occur when you not only listen to your patients, but when you actually hear and understand what motivates them.

When I met Dean Martin, life as he knew it was changing. Just over a year ago, Dean was diagnosed with cancer in his leg and immediately underwent surgery to remove the cancer. Unfortunately it returned, more aggressive than before.

To save his life, his leg and half of his pelvis had to be removed. Physical therapy was consulted after this major surgery to help Dean begin to learn how to participate in daily activities again, without the benefit of two legs.

At our first treatment session, Carrie Stella, a USC physical therapy student on her clinical affiliation, and I walked into a dark, quiet ICU room where a man with a Green Bay Packers hat greeted us with a beaming smile.

Despite all he had been through, he was excited to attempt getting out of his hospital bed for the first time after surgery.

Dean surprised us all. He demonstrated great success with sitting, standing and even initiating walking with a walker.

However, during the next few days at the hospital, Dean started facing setbacks from post-surgical complications.

We had a patient to inspire. We knew Dean could do it, and that Green Bay Packers hat stood out. Dean is a Wisconsin transplant and a die-hard Green Bay Packers fan, a “Cheesehead” all the way. So, to help him find his inspiration, Carrie and I set out to create Lambeau Field, the stadium the Green Bay Packers play in, in his ICU room. We showed up to his room with a Clay Matthews Green Bay Packers jersey, a “Discount Double Check” belt made of a paper plate and theraband, the Packers’ touchdown song playing on a phone and pictures of Packers paraphernalia to decorate his hospital room. It was amazing how quickly the negativity in that room disappeared. Packers green and gold was everywhere, but the brightest thing in the room was Dean’s beaming smile.

That day, Dean blew everyone away again. Sitting, standing, walking, playing catch like he was passing a football and “Discount Double Checking” on one leg. He had a blast.

Functionally, he was inspiring in all that he could do. Everyone in the unit joined in to celebrate Dean’s success in his Packers uniform. For the rest of Dean’s hospital admission he continued to wear his amazing smile and his

“Discount Double Check” belt while excelling in his functional abilities. He progressed from a walker to crutches, going up and down stairs with ease, transferred to an acute rehab facility and returned home to be with his wife within two weeks.

The day we decorated his room was so special to Dean—a turning point of sorts. A simple gesture shown by his physical therapist let him know that he was supported. No one was giving up on him.

The memories of this day are immortalized in a video that was originally made for Dean, a memento to inspire him when he returned home. However, Dean asked that the video be shared with everyone because he wanted to help inspire others who are going through similar situations.

Inspiration is a special occurrence—it means something different to each of us, yet when one of us is inspired, you can’t help but feel its effects come full circle.

For Dean, his love of the Green Bay Packers inspired him throughout his rehabilitation after surgery at USC—but he also inspired every one of us on his team who was lucky enough to work with him.



See Dean’s inspiring video here:
tinyurl.com/uscptinspiration

HELP THE DIVISION MAKE A DIFFERENCE.

Every single dollar counts when it comes to helping the USC Division of Biokinesiology and Physical Therapy strengthen its patient outreach, groundbreaking research and longstanding eminence among physical therapy schools. Here are some ways you can help:

PLANNED GIFTS: Planned gifts include wills, charitable remainder trusts, charitable lead trusts and annuities. These gifts may help you reduce or avoid income, gift and inheritance taxes.

CASH DONATIONS: Make your gift by check, credit card or cash.

PLEDGES: Make a gift that is paid over several years on a payment schedule that is most convenient for you.

MEMORIAL OR TRIBUTE GIFTS: Honor special occasions such as birthdays, weddings or births or memorialize a friend, colleague or family member.

IN-KIND GIFTS: Donate goods or services that fulfill programmatic needs.

For more information, contact:

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CONTINUING EDUCATION COURSES

SPRING 2014



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(can be accessed on your own
time from any computer)

INTRODUCTION TO MALE PELVIC HEALTH: URINARY INCONTINENCE

Two-hour online course
Instructor: Daniel Kirages PT, DPT
OCS, FAAOMPT
0.2 CEUs

ESSENTIALS FOR APPRAISING EVIDENCE

Four-part online course:

- Clinical Practice Guidelines
- Systemic Reviews
- Appraising Intervention Studies
Part I: Applicability and Validity
- Appraising Intervention Studies
Part II: Interpreting Results

Instructors: Linda Fetters PhD, PT,
FAPTA & Julie Tilson PT, DPT, NCS
2.0 CEUs for four-part series



IN-PERSON COURSES

ORTHOPAEDIC PHYSICAL THERAPY SEMINAR SERIES (EAST COAST)

January 10-14-Module 4: Thorax, Neck
and Shoulder Girdle
February 7-9-Module 5: Shoulder,
Elbow, Wrist and Hand
Instructor: Joe Godges PT, DPT, OCS
2.25 CEUs per module

HIGH VELOCITY LOW AMPLITUDE TECHNIQUES FOR SPINAL MANIPULATION

March 20-21-Module 1
March 22-23-Module 2
Instructors: Philip Tehan DO, Dip.
Physiotherapy, MHSc
& Peter Gibbons MB, BS, DO,
DMSMed, MHSc
3.0 CEUs per module

USC ORTHOPAEDIC BOOT CAMP 2014

January 11-12-Pelvic Girdle
February 8-9-Low Back
March 8-9-Hip & Knee
April 12-13-Ankle & Foot
June 7-8-Thoracic Spine & Ribs
July 12-13-Cervical Spine
September 6-7-Shoulder
October 11-12-Elbow, Wrist
& Hand
Instructors: Joe Godges PT, DPT, OCS &
Daniel Kirages PT, DPT, OCS, FAAOMPT
1.5 CEUs per two-day module
12.0 CEUs for 16-day series

INTRODUCTION TO PELVIC FLOOR MUSCLE DYSFUNCTION

March 29
Instructors: Aimee Diaz PT, SCS, ATC &
Daniel Kirages PT, DPT, OCS, FAAOMPT
0.75 CEUs

Visit pt.usc.edu/ContinuingEducation
for course updates and registration.