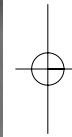
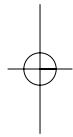


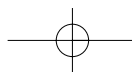
PT ALUMNI ASSOCIATION MAGAZINE  
UNIVERSITY OF MARYLAND, BALTIMORE  
SPRING 2003



# PROFICIO



**TAKING THE NEXT STEP**



## Letter from the Chair



In 2002, the Department of Physical Therapy experienced a lot of change and growth.

We now have five degree programs operating: Master of Physical Therapy (MPT), entry-level Doctor of Physical Therapy (DPT), transitional DPT, post-professional Doctor of Science in Physical Therapy (DScPT), and PhD.

The DPT program is in full swing with its first class of students. The DScPT program, now in its second year, has grown in enrollment.

The PhD in Physical Rehabilitation Science program currently has 11 students enrolled. Todd Cade, our first PhD graduate, received the Graduate School's highest award for excellence in research.

Our faculty and student research productivity increased markedly during the past year. Faculty and students published 25 articles and gave 33 presentations. Two graduate students received travel fellowships from external organizations to study with internationally recognized experts.

In addition, several faculty members received funding in FY '02 from the Claude D. Pepper Older American's Independence Center, which is sponsored by the National Institute of Health National Institute of Aging. The funding will support the Center's ongoing studies in physical performance and neuromuscular mechanism and an interventional development study among chronic stroke survivors.

I am proud that we have accomplished most of our goals over the past five years. We have finalized our 2003-2008 strategic plan and welcome your input as key stakeholders in this department. I look forward to sharing this plan with you later in the year. My sincere thanks to all of you for your support of this department as we continue to strive for excellence!

Mary M. Rodgers  
Professor and Chair



SPRING 2003 • ISSUE 10

# PROFICIO

PT Proficio is the new annual magazine of the Alumni Association of the Department of Physical Therapy and Rehabilitation Science, University of Maryland School of Medicine.



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Cover Photograph by Bill McAllen

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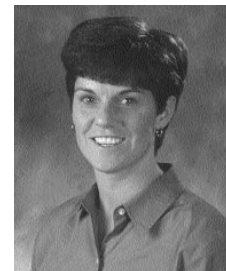
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Anne O'Brien / [aobrien@som.umaryland.edu](mailto:aobrien@som.umaryland.edu)

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## President's Message



Dear Fellow Alums,

I hate to frighten you, but it's another letter from me. With the great response the alumni association received from my membership letter last year, they've asked me again to share the latest UMB news. I have moved up to president of the alumni association. I am both excited and honored to represent you and work alongside a stellar board of directors.

As our alumni association grows in membership, so do the events and opportunities that membership affords (*hint, hint*). We have a number of fun and enriching events for you all to participate in this year. We are happy to present a plethora of seminars and continuing education courses thanks to the current curriculum already in place for the Doctor of Physical Therapy program and our continuing education committee spearheaded by Jen Richards. Details of the courses and seminars are available on our Web site, <http://pt.umaryland.edu>.

Our social committee raised the bar last year with a few successful outings that included a summer picnic, a wine tasting event at a local watering hole, and happy hour during PT Month. Our membership committee strives for a continued increase in membership, with the goal of establishing class agents to help round up alums who may have drifted away over the years.

I imagine many of you remain the busy, overachievers that you were in PT school and feel like you don't have the time or energy for another commitment. The alumni association can offer a strong arena of support, both professionally and personally, as you can hobnob with fellow alums you already know and meet new ones. The more I learn about UMB's alums, the more proud I am to say that I graduated from UMB. I look forward to seeing many of you at the events we have planned this year.

Best wishes for a happy and rewarding year.

Elizabeth Pearl  
President  
UMB PT Alumni Association

## Director's Message



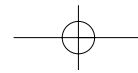
It has been interesting to watch and work with the department as it makes the change from a Master's program to the Doctor of Physical Therapy (DPT). It will be just as interesting to watch the first DPT students make their way through the new program and out into the clinic.

I have been so excited about the progress our active alumni board has made. Their ideas have been both realistic and rejuvenating. For the first time since its inception, the Physical Therapy Alumni Association (PTAA) has a working budget. I am also encouraged to see a new surge in alumni memberships. I hope that you agree that the PTAA is making your "dues dollars" a worthwhile investment.

The PTAA's Social Committee has been working hard to find ways to provide alumni with new and different events that would give them the chance to catch up with classmates and do some professional networking. The social committee would like suggestions on the kind of events you would like us to offer in the coming year. Please e-mail your ideas to Laura Planas at [lplanas@som.umaryland.edu](mailto:lplanas@som.umaryland.edu).

I hope you have a healthy and successful year.

Anne O'Brien  
Director of External and Student Affairs



# TAKING THE NEXT STEP

by Michele Wojciechowski

PHOTOGRAPHS BY BILL MCALLEN



**IN** the early '90s, the Department of Physical Therapy and

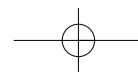
Rehabilitation Science established its Master of Physical Therapy (MPT) program—a change that was spurred on by the evolving physical therapy field. In 2001, the department began a new phase in its evolution by establishing two new doctoral degree programs.

“The department is changing to keep up with the times,” says Mary Rodgers, PhD, PT,

department chair. “The trend throughout the country is for physical therapists to become independent practitioners—no longer needing doctors’ referrals. These programs provide the extra training that physical therapists need.”

The University of Maryland, Baltimore is not the only one evolving. More than 60 colleges and universities have an accredited Doctor of Physical Therapy (DPT) program. Although the American Physical Therapy Association (APTA) has not officially mandated the doctoral degree, its vision for the next 20 years mentions doctoral degrees, and therefore, indicates some

DPT students evaluate a child’s developmental motor skills. From left to right: Trevor Johnson '05, Michael Wells '05, Robert Agosta '05, Jane Jung-Potter (research assistant), Brianne Witman '05, and Krista Graf '05.





support. According to the APTA, some physical therapists believe the degree improves the quality of patient care while encouraging professional growth.

In keeping with the national trend, the Department of Physical Therapy and Rehabilitation Science established the DPT program for those individuals who want to become a physical therapist, and the Doctor of Science in Physical Therapy (DScPT) degree for individuals who are working as physical therapists already and want to further their education. Starting the new degree programs prompted the department to make other changes as well.

### The Entry-Level DPT

The entry-level DPT program received accreditation in February 2002 and admitted its first class of 46 students in May. This three-year program, which replaced the MPT program, is designed for individuals who want to become physical therapists.

Developing the DPT curriculum took more than adding a few more courses to the existing MPT curriculum. In addition to teaching the fundamentals of physical therapy, courses now also emphasize evidence-based practices, professionalism, and documentation. Another difference

is that the courses are taught by a team of instructors and are modular in format. For example, when students learn about the neurological system, they will study the anatomy, physiology, and neurophysiology at once rather than having separate courses for each. In the past, students took separate courses in pediatric and geriatric musculoskeletal systems. But now, they will take a musculoskeletal course that will cover the entire human lifespan.

During the first two years, students complete all of their course work, but have practical experience integrated with their classroom learning. The third year of study is spent doing full-time clinical practice.

"We're trying to give a more integrated approach across the basic and clinical sciences," says Sandy McCombe-Waller, MS, PT, NCS, an assistant professor. "In the past, students were given separate courses, and the clinical experience helped them to integrate their learning," adds McCombe-Waller, who is director of entry programs. "But now, we want the students to have already had some of their course work integrated with hands-on experience before they enter the clinicals so they will get more out of them."

### The Post-Professional DScPT

For practicing physical therapists who want to advance their education, the department began offering the DScPT degree in 2001. This program, which takes at least 18 months to complete, is tailored to the amount of professional experience the student has.

"Each therapist comes in with a different level of experience and different areas of expertise," explains Fran Huber, EdD, PT, OCS, program director. "A person who has been practicing for 15 years or more may require fewer credits to complete the program than someone with less experience."

Students may take courses in clinical management, epidemiology, and radiology and imaging, among others. The program also offers courses in education, communications, and biomechanical examinations and interventions to meet the needs of students who have been practicing for some time.

Monica Grant '80, program manager of the Frederick

County Infants and Toddlers Program for children up to age three with disabilities, was about to mail her application to an MBA program the day she received the invitation to enroll in the DScPT program. Because the program offered courses in clinical management and pediatrics, she thought it would be a good match for her, so she applied to the DScPT program instead.

"The title of the degree was not as much of a motivator for me as the fact that I would get to return to the classroom, have an opportunity to learn new information, and re-energize what I was doing in my profession," says Grant.

The DScPT changed its name from the post-professional DPT in summer 2002 in response to an initiative by the APTA to have the DPT designate entry-level degrees only. Currently, there are 35 students enrolled in the DScPT program.

### The Transitional DPT

After May 2001, the MPT program was no longer offered to new students, so the department decided to offer the DPT degree to the last classes of MPT students (classes of 2002 through 2004).

"The transitional program allows students to take some extra course work, so that within a year, they can obtain the DPT degree," says Huber, who directs this program. "We're offering the degree as a service to the MPT students so they're not out of the loop because they happened to be going through school while the transition was occurring."

The transitional DPT is very prescribed; students will take courses in clinical management, epidemiology, radiology and imaging, and wellness. They will also have the opportunity to take an independent study course.

Kevin McLaughlin '01, who works at Gary Lynch Physical Therapy, a private practice in Forest Hill, Md.,



Kwabena Ofori-Ansah and Aimee Baker attempt to evaluate a child's unilateral standing balance.

is enrolled in the transitional DPT program. When he saw the courses the program was offering, he knew the program was the right one for him.

### Chalkboard to Blackboard

Another change that the department made was to offer classes online. Both the post-professional DScPT and transitional DPT programs offer Web-based courses using Blackboard technology. Students only need to be physically on campus one weekend per semester for each course they take.

Monica Grant is one of a growing number of DScPT students who is doing the bulk of her course work on the Web. "Online, you have to be much more self-directed. It's really well-suited to an adult learner," she says.

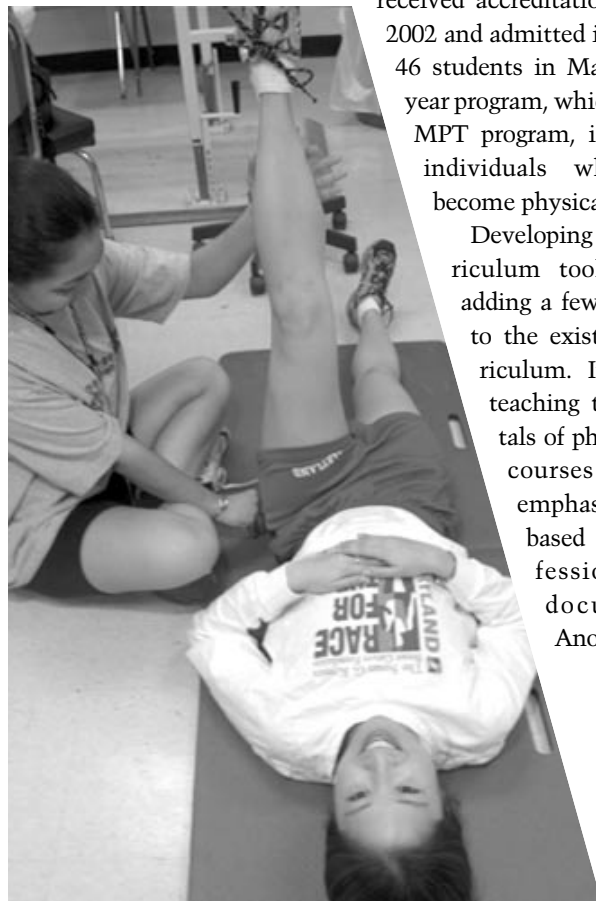
Online study is not the solitary experience she imagined. Grant has been able to communicate with her classmates via e-mail as well as on discussion boards used for classes. Grant admits that she didn't expect camaraderie to develop among the students.

And for students who work full-time, like Kevin McLaughlin, there is an added benefit to taking online courses. "It's convenient," he says. "I do the reading when I can and participate online in the evenings after work."

As the doctoral programs continue to grow, the Department of Physical Therapy and Rehabilitation Science looks ahead to the next steps it will take to keep up with the changes in the field. ■

For more information on the doctoral degrees, visit the department's Web site at <http://pt.umaryland.edu>.

Michele Wojciechowski, a freelance writer living in Baltimore, is a frequent contributor to *PT Proficio*.



Anahita Anvari measures Katie Baick's hamstring extensibility during a straight leg raise test, above.

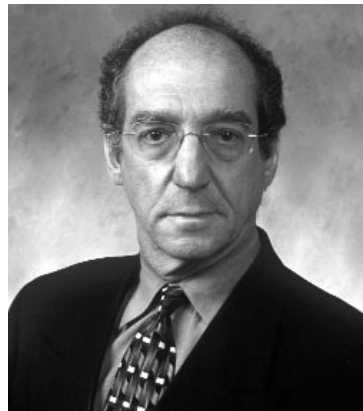
Top of page, Liz Gallelli, a DPT student, listens to words of wisdom from Florence Kendall.

## Faculty Spotlight

### TALKING TO "GOD"

by Meg Feroli

"MY life has been an accident," says Gad (pronounced "god") Alon, when describing his successful career in physical therapy. Alon, a world-renowned professional in the field of electronic muscle stimulation, has been at the University of Maryland, Baltimore for more than 20 years.



His distinguished career began when he was trying to decide what career path he wanted to take. "I really didn't decide to become a physical therapist, it just happened," he explains. "I knew that I liked to get and give massages, and I wanted to work with athletes, but I didn't want to go into physical education." Gradually, his interests turned to PT, electronic stimulation, and teaching.

Alon began working at UMB as a part-time instructor in 1978. He became an assistant professor in 1983 and has remained the department's "e-stim guru." Now an associate professor, Alon has logged many frequent-flyer miles speaking around the world on the use of electronic stimulation in rehabilitation. "I'll fly anywhere as long as I have therapists who are interested in sharing knowledge," Alon says. He has presented his work at continuing education seminars and international conferences in Canada, the United Kingdom, Australia, New Zealand, Scandinavia, and in countries in South America.

Alon gained recognition, as well as time on the talk-show circuit, when he challenged claims made by entrepreneurs selling abdominal belts that use electronic muscle stimulation such as the "Ab Energizer" and "Ab Force." In the mid-1980s, Alon and several students published several studies on the effects of electronic stimulation on abdominal muscles.

In 2001, infomercials for the abdominal belts claimed that, "seven physicians at the University of Maryland" conducted a study that showed a person using the belts would lose weight.

"Those 'physicians' were me and six of my students," he explains. "The claims were ridiculous and had nothing to do with our study."

His challenge got the attention of the media. Newspapers across the country interviewed Alon. "Good Morning America" and "20/20" invited him to discuss his findings on TV. During one TV interview, a lawyer asked Alon, "Is that your testimony, that you cannot lose weight with this product?" Alon responded, "Sure, you can lose weight. You can put that belt over your mouth, and stop eating."

Alon's humor has made him a popular professor with the students in the PT program. His hands-on approach to teaching and his unique personality have led many graduating PT classes to invite him to be their emcee or guest speaker. He also has received the department's Faculty of the Year award many times. His teaching philosophy: "I never believed that you could teach by just reading a book or using someone else's research." He wants his students not just to learn to pass a course, but to



learn to become independent practitioners in the field of PT.

The greatest difference Alon has noticed in the years he has been teaching has been in the students. "My perception is that PT students today are so much more attuned to what they want from their education." He says they have more positive and negative exposure to the field before they enter the PT program. They also have a "preconceived notion" of what they want to learn. Students now are more likely to challenge their educators and their methods than when Alon was a student. "Every year, the change in the students is more dramatic than the year before. The expectations of all students have changed all the way down to kindergarten."

When asked what he feels is his greatest accomplishment, Alon says, "I'm still waiting for that one." His hope for the professional future is simple. "I would like to continue to be happy doing what I do. I don't recall one day where I felt like I didn't want to go to work. I still feel good about it after 30 years. And every day, I see room for improvement in teaching." ■

"Those 'physicians' were me and six of my students," he explains.

"The claims were ridiculous and had nothing to do with our study."



Alon's latest research with students Lisa Estrada '02 (pictured above) and Matt Lewis '02 (pictured at left) studied the effect of neuromuscular electrical stimulation on brain activation using fMRI. The students received an award for their research and will present a paper at the upcoming International World Confederation of Physical Therapy meeting in Barcelona, Spain, in June 2003.

## Alumni of the Year



Lynn Rudman '76 started practicing physical therapy at the Rehab Hospital for Special Services in Mechanicsburg, Pa. Most recently, she served as the Director of Physical Therapy at the New Children's Hospital in Baltimore.

Lynn Rudman '76

Rudman has stayed actively involved with the UMB PT Department as a lifetime alumni association member. She has presented the American Physical Therapy Association (APTA) Maryland chapter's Outstanding Graduate Award at graduation for the past five years and has spoken to numerous UMB PT students over the years about the APTA and issues affecting physical therapy.

Currently serving her second term as the Maryland chapter president, Rudman has been very involved with the APTA as a national and state member. She is also a member of the Acute Care and the Health Policy and Administration sections.

She also works with the Jewish Community Federation of Baltimore, participates in the Towson University Choral Society, and volunteers at the Ronald McDonald House.

For her years of exceptional clinical practice and contributions to the department, community, and professional association, Rudman earned unanimous approval as the 2002 Alumni of the Year.

She received a trophy at the Founders Week Gala in October 2002.

## Alumni Spotlight

### MARGARET FINLEY

by Meg Feroli

About four years ago, Margaret Finley '87 decided to return to the UMB Department of Physical Therapy and Rehabilitation Science to earn her doctorate degree. Her decision to earn a PhD was inspired by two UMB mentors—Don Hobart, PhD, a former faculty member, and Paul Anderson, PhD, a former associate professor in the Physical Rehabilitation Sciences PhD program. "They persuaded me to pursue the degree," says Finley. "I began researching various doctoral programs and found that the UMB program met my interests and needs."



Finley's doctoral dissertation is on shoulder pathology among manual wheelchair users. With the guidance of her advisor, Mary Rodgers, PhD, department chair and professor, and other faculty, Finley obtained several grants to conduct her research. One grant funded her travels to the Hong Kong Polytechnic University and the University of Sydney in Australia. She has presented her research at the Fifth Paralympic Scientific Congress in Sydney, Australia, and the 28th Congress of the International Society of Biomechanics in Zurich,

Switzerland. She has also given presentations in Canada and the United States. In between trips abroad, Finley published five manuscripts and presented 14 research abstracts.

In addition to her research, Finley keeps busy with many activities, including working in an outpatient orthopedics clinic. She has taught classes at UMB in biomechanics, pathokinesiology, and orthopedics. A Baltimore resident and active University of Maryland Terrapins fan, Finley has taken her love of sports to the sidelines of the basketball court, where she serves as the physical therapist for the Maryland Metro All-Stars Wheelchair Basketball Team (ranked fifth in the country!). She even became a classifier for the National Wheelchair Basketball Association.

Finley has been in the PT profession and educational process long enough to see how significant changes have affected the PT field. "As professionals, we are demanding evidence for what we do," she says. "Administrative responsibilities have also changed. When I first started working in the clinic, the big management concern was physician-owned PT practices. Now, rather than being directed by physicians, we are being run by corporations and governed by much stricter insurance and governmental regulations."

In the face of these changes, Finley has found that there are parts of her UMB PT education that have been especially helpful. The ability to juggle multiple tasks is one skill that she has taken from classroom to clinic. She adds, "I also believe that the program's research requirements gave me the opportunity to explore and develop my interest in research."

When remembering her time as an undergrad at UMB, Finley recalls the old buildings, particularly the basement of the Greene Street Building (which is now Donna's Café) and the old anatomy lab. "I think of working with Doc Hobart and Dr. Anderson in the non-air conditioned anatomy lab in the summer."

Finley hopes to receive her PhD in May and continue improving her research skills in a postdoctoral position. Eventually, she hopes to obtain a faculty position where she can teach and continue doing research. ■

## Student and Faculty Awards

### CONGRATULATIONS to the entire graduating class of 2002.

Dr. Frank H. J. Figge Memorial Award  
**Ann C. Rosenfelder**

Laura G. Levine-Mandell Award  
**Chaula S. Vakil**

Elizabeth G. McCauley Award  
**Teresa A. Morris**

Pekar-Abell Scholarship  
**Melissa Maule**

Mary M. Rodgers Research Award  
**Matthew H. Lewis**  
**Lisa M. Estrada**

Outstanding Graduate  
**Lisa M. Estrada**

Senior Alumni Award  
**Kimberly A. Gonski**

Hobart Scholar  
**Lisa Estrada**

GGEAR Award  
**Lorrie M. Filsinger**

Who's Who  
**Mark Bodin**  
**Shannon M. Dugan**  
**Linda-Lee Earle**  
**Lisa M. Estrada**  
**Kimberly A. Gonski**  
**Shannon O. Howland**  
**Teresa A. Morris**  
**Coren C. Point**

Phi Kappa Nominees  
**Lisa M. Estrada**  
**Kimberly A. Gonski**  
**Ann C. Rosenfelder**

Faculty of the Year  
**Ellen Wruble-Hakim**

Adjunct Faculty of the Year  
**Chris Glavaris**



Chris Glavaris '88, right, receives the Adjunct Faculty of the Year Award from 2002 class member, and his employee, Erin Shipley.

## CareerStaff Unlimited



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## Department News



PT Newcomers: Fran Huber and Laura Planas.

**Kathy Davis, MA, PT**, an assistant professor, and the Class of 1991 presented, "Rx, One Guffaw, QID: Is Laughter Really the Best Medicine?" to the physicians and guests at Frederick Memorial Hospital for their Annual Walter F. Prior Memorial Dinner in Fall 2002.

**Marc Hakim, MD**, a postdoctoral fellow, will study the effect of dexamethasone on the recovery of muscle function after injury. He will be in the department for one year before he starts his residency in orthopedic surgery.

**Rich Lovering, PT, OCS**, a graduate student, recently spent six weeks in Sweden working in the lab of Jan Friden, MD. His trip was funded by an international travel grant from the International Society of Biomechanics.

### New Addition in the Department!

**Ellen Wruble-Hakim, MS, PT, CWS**, an assistant professor, and her husband Daniel are happy to announce the birth of their daughter Makenna Danielle. She was born on Aug. 22, 2002, weighed 5 pounds, 14 ounces, and was 19 inches long at birth.

### Student Kudos

MPT student, **Lynette Christensen**, '03 was selected as the winner of *PT Magazine's* 2002 Student Essay Contest. Her essay, "Making the Most of Your Education: The Future of Physical Therapy," was published in the December issue of *PT Magazine*. Lynette wrote her essay to advise current and future PT students on getting the most out of their education based on the goals for the profession in the APTA 2020 Vision Statement.

### Welcome

**Fran Huber, EdD, PT, OCS** joined our faculty in the summer of 2002 as the coordinator of the Doctor of Science in Physical Therapy and transitional Doctor

of Physical Therapy programs. Huber graduated from Stockton State College in New Jersey as a physical therapist. After obtaining her MPT from the University of Pittsburgh in 1993, she began teaching at the University of Pittsburgh. In 1996, she started a full-time faculty position at West Virginia University, where she was very active with technology education and curriculum. She later obtained a specialty certification in orthopedics. She then taught at Duquesne University. Huber obtained a Doctor of Education degree in December 2001 from WVU.

**Laura Planas**, who joined the staff in November 2002, is working in the newly renamed Office of External and Student Affairs with Anne O'Brien. She has years of administrative experience and technology know-how that baffles techno-challenged Anne. Laura will be acting as the coordinator of student affairs.

After six years of extraordinary service, **Meg Feroli** has decided to leave the department to spend more time with her family. Most of you know Meg as the person you would contact if you need anything. She will be greatly missed by many. We wish Meg the best of luck in her future endeavors!

### Department Gets New Name

In March 2003, the Department of Physical Therapy changed its name to the Department of Physical Therapy and Rehabilitation Science. The new name reflects the addition of doctorate of physical therapy degrees and the demand for providing evidence for practice in physical therapy.

The name change also reflects the growth of the PhD program in Physical Rehabilitation Science and the increase in research faculty and funding in rehabilitation science. The department has focused its research in the areas of stroke rehabilitation, muscle injury and repair, and physical therapy interventions. During the past five years, the number of research faculty has more than tripled and research funding has increased six-fold.

## Class News

### Births

Benjamin Patrick, born Jan. 14, 2002 to **Dennis (Dino) Dombrosky '97** and his wife, Kathleen.

Jack Nemar, born April 9, 2002 to **Pam Margolin Salfia '95** and **Greg Salfia '93**.

Sophie Elizabeth, born May 7, 2002 to **Sherri Weinman '99** and her husband, Mark.

Kara Ann, born Aug. 6, 2002 to **Valerie Queensberry '85**.

Ryan Thomas, born Aug. 16, 2002 to **Tom Angstadt '97** and his wife, Karie.

Nathan Alexander, born Aug. 2002 to **Heidi and Jason Earnest '99**.

Sara Catherine, born Sept. 25, 2002 to **Ricky and Nancy Placide '89**.

TWINS! Amanda and Ava, born Sept. 30, 2002 to **Constance McClueb '91** and her husband, Tim.

Brett Michael, born Feb. 2003 to **Luann (Marousek) Hollenberger '90**.



Brooke Margaret was born Oct. 4, 2002. She weighed 6 lbs., 14 oz., and was 19.75 in. long. Her proud parents are **Matt Rosewag '00** and his wife, Madeline.

### Adopted!

**Jamie (Rosenstein) Miller '88** and her husband, Rich, adopted a baby girl, Mica Jay, on April 11, 2002. The baby was born in Tomsk, Russia on August 16, 2001.

**Margaret Alston '91** is the proud adoptive mother of Jada Laine, who was born on Aug. 9, 2002. Jada weighed 6 lbs., 5 oz., and was 19 in. long at birth. In a matter of hours, Jada became the joy of her new mother's life!

### 1950s

**Dixie Miliner '58** is retired and "horsin' around" in Virginia's

hunt country. She is actively involved in gardening as a member of the Purcellville Garden Club. She also enjoys her supportive role in events organized by the horse riders of the Loudon Hunt West.

### 1960s

**Patricia (Pirie) Diehl '60** works with a small private practice and with Volunteers for Medical Engineering. She retired from the Baltimore County Public School system after 27 years. She has four children and seven grandchildren.

### 1970s

**Madeline Brocato '71** works in her husband's, Ron, practice in Virginia. They have five children, two of whom are in college. They also have one grandchild.

**Karen Harding '71** married Jim Wakefield, who she started dating in the last year of PT school, in November 2002. The happy couple bought a home in Arnold, Md. Karen does outpatient

orthopedic care for NovaCare in Glen Burnie and works at PRN at North Arundel Hospital. In 2001, she became an adjunct faculty member at UMB, teaching orthopedics. "Hello to all my former classmates! I hope all is well!"

**Jim and Mary Spinks '73** say, "How about a 30-year reunion in 2003?"

**Heidi (Kreamer) George '74** moved from New Hampshire to California to become the Director of Physical Therapy at Bay Sport, a chain of sports medicine clinics located in premium health clubs in the San Francisco and San Diego areas. The move brought her not only to beautiful weather, but closer to her family.

**Lynne (Jarczynski) '74** and **Jan Smejkal '77** continue to work together in their own private practice, Absegami PT in New Jersey. When they are not working, they spend time with their three children, Kelsey, 16; Rudy, 14; and Jake, 10. They coach

soccer, basketball, and baseball and volunteer with local education foundations and the school parent groups. The family also enjoys boating, fishing, and spending time at the beach.

**Marlene Fischer Bandfield '75** has a private pediatrics practice in New York city. Her husband, David, works for ABC News. The couple has two children, Caitlin, 16 and Sean, 12.

**Phyllis (Powell) Adams '77** is married to Carlton Adams, MD, a general surgeon. The couple lives in Brentwood, Tenn. with their three children ages 16, 13, and 7. Phyllis is a stay-at-home mom and volunteers for several community health-related programs.

**Charles Kibbey '77** has found a new way for his family to win door prizes at Orioles games. He attended the Frostburg State University night at

Camden Yards Stadium because the UMB PTAA did not sponsor an event this year. (His daughter Colleen graduated from Frostburg in December 2002.)

**Doris Gonzalez '78** is employed at HealthSouth Sea Pines Rehabilitation Hospital in outpatient PT, where she has been certified to treat lymphedema. Doris is involved in a local theatrical ensemble. She is still married to Marshall Wohlbold and has passed her first-year mark as a breast cancer survivor!



Kelly Meehan '87 with her husband of 14 years, Mike, and their seven children: Evan, 10; Dion, 9; Sean, 9; Anthony, 7; Miranda, 5; Mary, 4; and Mileah, 3. The family lives in West Friendship, Md. Mary has worked for UCP for 10 years and is a certified pediatric specialist.

## 1980s

**Gretchen (Croson) McAllister '80** has spent the past five years working for Gateway Health Services, a home-care company in Severna Park, Md. When she's not busy with work, she keeps busy with Ryan, 14, and Jennifer, 10.

**John Taylor '81** has been happily married to Debbie for 23 years. He teaches marriage enrichment seminars and conferences for young people on the Biblical approach to marriage. He opened a new office for Carroll Sports Rehab

in Westminster, Md.

**Herb Weiss '81** is planning to build a home in Reisterstown, Md., close to his practice and good bike paths.

**Michael Wah '82** is opening his private practice, Active Life and Sports Physical Therapy, in Perry Hall, Md.

**James Viti '84** graduated with his Doctor of Physical Therapy in May of 2002. He is an assistant professor at the University of St. Augustine for Health Sciences in Florida.

**Daniel Gordon '84** is the Rehab Manager at University Specialty Hospital in Baltimore.

**Anna Lawrence '85** returned to the University of Maryland's graduate program to pursue her MS in Infant Special Education. She works as a PT in Prince George's County.

**Heidi Morgan '85** is working for Johns Hopkins Bayview Medical Center, where

she has worked for 15 years. In her spare time, she is recording her third CD.

## 1990s

**Luann (Marousek) Hollenberger '90** has a new job at St. Joseph's in Towson, Md., as Manager of Rehab Services. She has a daughter and a new baby boy.

**Kelly (Grieb) Basalla '91** is working in the field of early intervention. She has two children, Mackenzie, 5, and Gabriel, 2.

**Mark Dintino '91** lives and works in Westminster, Md., with his wife, Jackie, and children, Nicholas, 3, and Hannah, 2.

**Nicole (Jacaruso) Skinner, '91** has been the Rehab Director for various skilled nursing facilities over the past seven years. She has two children, Katie, 4, and Luke, 2. She and her husband, Steve, have just celebrated their ninth anniversary.

**Courtney (Unger) Mackin '96** is still practicing spinal cord rehab on a per diem basis so that she can be home more with her two children, Matthew, 4, and Katie, 2.

**Christine Key '97** joined the staff at the Physical Therapy and Sports Assessment Center in Silver Spring, Md.

**Arianna DeSanti '98** bought a new home in Columbia, Md., and plans to get married in June 2003.

## 2000s

**Daniel Gardner '00** is excited about managing a new PT clinic, Life Fitness, in Dundalk, Md.

**Heidi Kelly '00** is having fun raising her two sons, Dan, 1, and Jacob, 3. She works two days a week at Towson Sports Medicine.

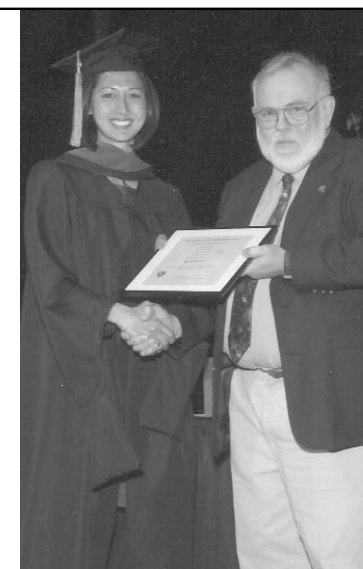
**Neil Nagaraj '00** and his wife, Irene, are enjoying parenthood with their 18-month-old daughter.

**Marc Vasil '00** has been the Director of Clinical Operations for Western Reserve Spine and Sport Institutes since September 2001. He has an 18-month-old son, Jason John.

**Jennifer (Richards) Buono '01** has been happily married for one year and recently moved to Hanover, Pa. She is working in the Day Rehab Program at HealthSouth Rehab Hospital of York.

**Shannon Dugan '02** is working full-time at Wilmington Hospital-Center for Rehab in Wilmington, Del. She married John Laird on Oct. 26, 2002.

**Rebecca (Miller) Folmer '02** married Ryan Folmer on July 27, 2002. The couple honeymooned in Nova Scotia. Rebecca has been working at Baltimore Sports Rehabilitation and Physical Therapy since she graduated. The couple lives in Odenton, Md.



Lisa Estrada receives the Hobart Scholarship from Donald Hobart.

## Report of Gifts

### Annual Fund Donations for the JULY 2001 – JULY 2002 Budget Period

Although publishing the list of donors each year may seem like a small way to recognize alumni donors, we hope you feel it is an appropriate acknowledgement of the contributions that make the Department of Physical Therapy and Rehabilitation Science stronger and more successful.

This year, we added an additional level of recognition. The ✂ symbol next to a donor's name indicates that the person or organization is a member of our Ironman Club, which was initiated to thank donors who have donated every year for at least three years.

These donors understand that we count on their contributions every year to carry on the tradition of excellence at the department. Their annual donation, however large or small, makes it possible to strengthen our department and improve the quality of education for the future of physical therapy.

Because every donation matters to us, we make every effort to ensure the accuracy of the Honor Roll. If you believe an omission or an error has been made, please accept our apology and know that you are a valued member of our donor list.

#### Maryland PT Society (\$1000 +)

Bernard and Mary Gallagher  
Foundation  
Leslie B. Glickman '64 ✂  
Donald J. Hobart ✂  
Florence P. Kendall '99 ✂

#### Anniversary Club (\$500-\$999)

Todd L. and Donna Herring '84  
Barbara Joslow '79  
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#### Founder's Club (\$250-\$499)

Baltimore Sports  
Rehabilitation  
Judith K. Cappuccilli '88  
Dawn A. Mc Crory '90  
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Patricia G. Provance '71  
Arlene Ross '93  
Lynn N. Rudman '76  
Jane Satterfield '64  
Patricia M. Smith ✂  
Ms. Carol S. White '69 ✂

#### Century Club (\$100-\$249)

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James T. and Ann  
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Brenda L. Crable '91  
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Mary J. Fernandez '79 ✂  
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Mary Anne Gingerich '79 ✂  
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Daniel J. Gordon '84 ✂

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Colleen Saylor '95

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Smejkal '74  
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Sarah A. King '95 ✂  
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Suzanne L. Lupo '72 ✂  
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James A. Mainhart '85 ✂  
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Stacey A. Malat '77 ✂  
Winifred M. Manzi '81  
Leslie Marcks '87  
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Mary P. Martin '94  
Carla J. Mashbaum '00  
Mary E. Massari '83 ✂  
Gretchen C. McAllister '80 ✂  
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Constance J. McClaeb '91 ✂  
Ann S. McCord '90 ✂  
Elizabeth A. McCoy '97  
Jason T. McElroy '99  
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Deborah S. McNerney '82 ✂  
Karla P. McSherry '85 ✂  
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- |                                |                                 |                            |                                    |
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| Diane Nichols '76 ✂            | Shari A. Rosen '96 ✂            | Sylvan Solomon             | Julie A. Simpson '96               |
| Kathryn A. Nicholson '88       | Matthew T. Rosewag '00          | Lynn A. Souers '01         | Kecia R. Whitehead Pedro '87       |
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| Lisa E. Paul '78 ✂             | Cindi Schrum '85 ✂              | Alison K. Suarez '96 ✂     | Tamela J. Young '84 ✂              |
| Anita M. Peake                 | Bonnie F. Schulman '82 ✂        | Ellen B. Supple '79 ✂      | Linda J. Zant '75 ✂                |
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| Donna B. Perlstein '65 ✂       | John A. Semma '75               | Cheryl Turoff '76          | Jeri Valentine '77                 |
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| Lisa Phillips '87              | Linda L. Sharp '76 ✂            |                            |                                    |
| Sharon T. Pohl '87 ✂           | Sandy Shehadeh '01              |                            |                                    |
| Wendoline A. Proffitt '77 ✂    |                                 |                            |                                    |



2002 PT Olympic Winners



2002 Alumni Picnic

## UMB PT ALUMNI ASSOCIATION 2003 CALENDAR OF EVENTS

**May 17** Alumni Picnic. Location TBD.

*Plan your reunions and join us for fun in the sun! Visit <http://ptalumni.umaryland.edu> for updated information as it becomes available.*

### October is Physical Therapy Month!

- October 3** PT Month Kick-off Happy Hour
- October 4** Race for the Cure—PT Team Event
- October 16** PT Olympics—Alumni Team Needed!
- October 22** Florence Kendall Symposium (based on speaker availability)



2002 First-Year Pizza Party

### Do the Dues...

Effective Jan. 1, 2003, the cost of Physical Therapy Alumni Association membership dues increased to \$40. We hope that our new and exciting plans and benefits will make the small increase worthwhile to our members. View our Web site, <http://ptalumni.umaryland.edu>, for updates, information on activities, and continuing education opportunities. (Lifetime memberships are not affected by this change.)

### University of Maryland Physical Therapy Alumni Association Executive Board

January 1, 2003 – December 31, 2003

#### Officers

- Elizabeth Pearl '00, President
- Jim Dowla '00, President-Elect
- Jen Richards Buono '01, Secretary
- Julie Miller '99, Treasurer

#### Members

- Judy Bowden '70
- Mary Beth Massari, PT '83
- Peggy Schmitt '69
- Ralph Truitt '96

#### Student Members

- Christy Horn '05
- Annie Pollhammer '03
- Kristen Purdum '04

#### Staff

- Anne O'Brien, Director of External and Student Affairs
- Laura Planas, Alumni and Admission Coordinator
- Mary M. Rodgers, PhD, PT, Professor and Department Chair
- Donald E. Wilson, MD, MACP, Vice President for Medical Affairs of the University of Maryland and Dean of the School of Medicine
- Ellen Wruble, MS, PT, CSW, Faculty Liaison and Assistant Professor
- Donald Hobart, PhD – Ex-Officio Member

Shoulder External Rotation

Elbow Flexion

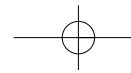
MTP Extension w/Optional Boot

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## Stretch Beyond Your Expectations.™

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Dynasplint Systems, Inc., the pioneer of LPS technology, is the leader in developing successful products that restore functioning range of motion without compromising the stability and quality of the connective tissue and joint. Dynasplint Systems are available for the finger, wrist, forearm, elbow, shoulder, toe, ankle and knee. For more information on any of our units visit our website or call the number below. Clinical studies have proven that we can help your patients *Stretch Beyond Your Expectations.™* **800.638.6771** [www.dynasplint.com](http://www.dynasplint.com)



# HUMBLE HERO

Roy Bechtel, PT, PhD, Assistant Professor

**During** the 23 years that Roy Bechtel has been a physical therapist—17 of them at the University of Maryland—he has served as a role model to those around him. Although



Bechtel says he did nothing to deserve such an honor, in March 2003, he was recognized as a *Daily Record* Health Care Hero.

The newspaper honored individuals and organizations who go beyond the call of duty to improve the health of Marylanders. Bechtel was named "Health Care Professional Hero."

Bechtel obtained his Bachelor's degree in physical therapy at UMB and decided to focus on the spine, one of the most difficult areas. He has developed a unique combination of manual physical therapy and osteopath-

ic principles to successfully evaluate and treat many patients with low back pain. "At the core of this system is a willingness to listen to the patient, a true patient-first approach," says Mary Rodgers, PhD, PT, professor and chair.

In 1985, he began teaching at the University of Maryland. "My most important job is teaching students and helping them apply what they learn," says Bechtel. Winning the Teacher of the Year Award in 1990 shows that Bechtel not only enjoys teaching, but excels at it. Currently, he teaches courses in biomechanics and assessing and managing orthopedic patients.

While maintaining both clinical practice and teaching, Bechtel obtained a doctorate degree in biomechanics. Since then, his research has focused on axial skeleton function and dysfunction, and he has been an active advocate of orthopedics.

When he joined the department, Bechtel says he found the perfect job. "I love being able to combine clinical practice with research and teaching." But throughout his successful career, Bechtel has remained caring, humble, and hard working—perhaps the qualities that most make him a professional hero.

— *Sonia Elabd*



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