

Kenneth Bush, PT, PhD, Professor  
 Nancy Cicirello, PT, EdD, MPH, Professor  
 Alice Johnson, Administrative Assistant to ACCE  
 Pam Edwards, TDPT Assistant Coordinator  
 Katie Farrell, PT, DSc, GCS, Professor  
 Jeremy Hilliard, PT, DPT, Instructor  
 Erin Jobst, PT, PhD, Associate Professor  
 John Medeiros, PT, PhD, Professor  
 Tamarra Mellick, Administrative Assistant  
 Robert Nee, PT, PhD, MAppSc, Associate Professor  
 Verna Ourada, PT, PhD, Assistant Professor  
 Rebecca Reisch, PT, PhD, DPT, OCS, Associate Professor, ACCE  
 Jose Reyna, PT, DPT, Instructor  
 Richard Rutt, PT, PhD, ATC/R, Professor, Director  
 Sheryl Sanders, PhD, Professor of Anatomy  
 Daiva A. Banaitis, PT, PhD, Professor Emerita  
 Laurie Lundy-Ekman, PT, PhD, Professor Emerita

Julie Robertson, MSPT, 2000, Editor  
 e-mail: jrobertson@fvcc.edu

## OFFICE OF ALUMNI AFFAIRS

Martha Calus-McLain, Director  
 503-352-2057  
 alumni@pacificu.edu

## PACIFIC UNIVERSITY

School of Physical Therapy  
 222 SE 8<sup>th</sup> Ave.  
 Hillsboro, OR 97123  
 www.pacificu.edu/pt

## WEB SITES FOR PHYSICAL THERAPISTS:

### 2013 Salary Survey Results

<http://physical-therapy.advanceweb.com/Web-Extras/Online-Extras/2013-Salary-Survey-Results-2.aspx>

### PT Magazine

[www.apta.org/PT\\_magazine/index.html](http://www.apta.org/PT_magazine/index.html)

### Physical Therapy Journal

[www.apta.org/PT\\_Journal/index.html](http://www.apta.org/PT_Journal/index.html)

### Therapy Student Journal

[www.TSJournal.com](http://www.TSJournal.com)

### Wheelless' Textbook of Orthopaedics

[www.medmedia.com](http://www.medmedia.com)

### Oregon Physical Therapy Association

[www.opta.org](http://www.opta.org)

### Medline

[www.medportal.com](http://www.medportal.com)

### Physician and Sports Medicine

[www.physsportsmed.com](http://www.physsportsmed.com)

### Outlines of Clinical Medicine

[www.avicenna.com](http://www.avicenna.com)

### American Physical Therapy Association

[www.apta.org](http://www.apta.org)

### Oregon State Licensing Board

[www.ptboard.state.or.us](http://www.ptboard.state.or.us)

### North American Institute of Orthopedic Manual Therapy (NAIOMT)

[www.naiomt.com](http://www.naiomt.com)

### Employment Opportunities

email: sfisher@opta.org

## CLINICAL EDUCATION NEWS

It was another successful and busy school year in clinical education, as students traveled throughout the Pacific Northwest for internships, as well as to many Rocky Mountain states, Alaska, Hawaii, South Africa, and Italy. The clinical education team traveled as far south as South Africa, and as far north as Alaska, to visit our students and CIs. As always, we enjoyed these face-to-face interactions.

As far as the clinical education team goes, former administrative assistant Kihei Castillo has moved on to a new job, and we now have Alice Johnson helping with the administrative duties. Alice comes to us by way of Everest Institute, where she was involved in matching students in externships and facilitating job placements post-graduation. Alice is excited to work with the students, and we look forward to putting her experiences in education to good use!

The class of 2014 was the first cohort to go through our new clinical internship schedule, with three 9- or 10-week internships in the third year, a 6-week internship in the second year, and the 4-week internship in the first year. Feedback about this new setup has been positive from both CIs and students; everyone seems to like the longer internships with fewer interruptions in the second year.

We have continued to provide continuing education opportunities related to clinical education to our CIs as a way of saying “thank you” for the tremendous role that CIs play in the education of our students. Pacific was involved in planning the APTA Education Leadership Conference, which was held in Portland last fall, and several of our CIs participated in the continuing education opportunities offered there. Also, I taught the APTA Clinical Instructor Credentialing Course at Pacific in November 2013 and again in April 2014; another course is in the works for September 2014. This course is valuable for new and seasoned CIs alike, so if you haven't already taken it, I definitely recommend it! For registration information and a full list of credentialing courses offered across the country, please visit <http://www.apta.org/CIECP> and click on the link for the schedule of classes.

Thank you to all of you who serve as clinical instructors and center coordinators of clinical education! You play a huge role in our program, and we appreciate you very much.

Becca Reisch, ACCE



PT Faculty & Students attend Diversity Dinner 2013.

## EMPLOYMENT OPPORTUNITIES

Check out the Pacific University PT website for employment postings. From the PT page click on Alumni and then view the different states at the bottom of the page. Select a state and review the opportunities that are posted.

If you have a job listing that you would like posted, email [mell9585@pacificu.edu](mailto:mell9585@pacificu.edu). Take advantage of this great opportunity to market your position!

## PHYSICAL THERAPY SCHOLARSHIP ESTABLISHED IN MEMORY OF DR. JEAN BALDWIN

The first class of Pacific University Physical Therapy students began their coursework in August 1975 under the direction of Dr. Jean Baldwin. Dr. Baldwin established the foundation of the program and served as Director until 1984. She passed away on June 6, 2010 at North Canyon Medical Center in Gooding, Idaho. An endowed scholarship in her memory has been established to benefit current Pacific University physical therapy students. The goal is to raise \$25,000 which will provide approximately \$1,000 per year in Dr. Baldwin's name. Generous alumni have already contributed \$6,000 this year. You can donate to the Dr. Jean Baldwin Physical Therapy Scholarship online at [www.pacificu.edu/giving](http://www.pacificu.edu/giving). Please designate your gift to the Dr. Jean Baldwin P.T. Endowed Fund in the “Other” comment box.

# PHYSICAL THERAPY NEWS

US POSTAGE  
 PAID  
 NONPROFIT ORG.  
 PERMIT NO. 67  
 FOREST GROVE, OR

SUMMER • 2014



School of Physical Therapy  
 222 SE 8th Ave.  
 Hillsboro, Oregon 97123  
[www.pacificu.edu/pt](http://www.pacificu.edu/pt)

## DEAR ALUMNI AND FRIENDS,



We just completed another commencement ceremony. Forty-three graduates walked across the stage to receive their hoods and diplomas signifying successful completion of their studies for the Doctor of Physical Therapy degree. We welcome these graduates as colleagues in the profession of physical therapy.

It seems that each year I report having a record number of applicants seeking admission to our program; this is true again this year. This past year we wrote an Application for Substantive Change to the Commission on Accreditation in Physical Therapy Education (CAPTE) requesting approval to increase the size of our incoming class. Our request was approved; we have

admitted 50 students to the class beginning this fall.

To accommodate the increased class size we are renovating our laboratory and classroom spaces. Our current lab spaces are being enlarged and moveable divider walls are being installed to allow us to conduct large lab sessions or to divide the lab spaces in half to allow for 4 separate labs to be conducted at once. One of our 3rd-floor class rooms was enlarged to seat 60 students and the other was incorporated into the lab spaces. We will use a newly enlarged classroom on the 5th floor as our other classroom. We are keeping our “fingers crossed” that the renovations will be completed by August 25th, the first day of classes for the 2014-2015 academic year.

The number of students benefiting from the opportunity to attend international clinical affiliations continues to grow. This past year nine 3rd year students completed 10-week international clinical internships; Larissa Bomberger and Lauren Gray were in Italy. Jamie Ford, Rylin Laplante, Emily Roush, Leah Rybolt, Kayla Scotch, Whitney Wenger and Dane Chambers were all in South Africa.

Students and faculty remain active in the APTA, OPTA and other professional organizations. Professors Becca Reisch, Katie Farrell, Jose Reyna, Jeremy Hilliard, and Richard Rutt attended the Education Leadership Conference sponsored by the American Physical Therapy Association (APTA) and the American Council of Academic Physical Therapy (ACAPT). This year the conference was held in Portland and several second-year students volunteered their services at the annual Diversity Dinner fund raising event. It was also very good to catch up with alumni who attended the event. Faculty members Katie Farrell, Bob Nee, Erin Jobst, Jose Reyna, Nancy Cicirello, Jeremy Hilliard and Richard Rutt attended the Combined Sections Meeting of the American Physical Therapy Association in Las Vegas. This is the largest educational and research meeting held by the Association. Many 2nd and 3rd year students also attended the meeting in Las Vegas. Attendance at this year's Pacific University reception was the largest in recent memory. Approximately, 100 students, alumni and friends met together with faculty at the event. Several class members from 1983 were also present and had a very pleasant time talking with former PT Program Director, Daiva Banaitis. Michael Olson and Zack Christopherson attended the National Student Conclave sponsored by the American Physical Therapy Association. This year the event was held in Louisville, Kentucky.

Congratulations to Dr. Becca Reisch who, in January, successfully defended her doctoral dissertation, titled Overactive Bladder in Female Graduate and Health Professions Students: Prevalence, Effect on Quality of Life, and Risk Factors, and received her diploma from Rocky Mountain University this spring.

As always, please stay in contact with the School and let us know what is happening in your lives. We love to hear from each and every one of you.

Warm regards,

Richard A. Rutt, PhD, PT, ATC/R  
 Director, School of Physical Therapy



FACULTY NEWS

Jason Brumitt, PT, PhD, ATC, SCS co-authored two manuscripts with Erik Meira, PT, SCS, CSCS and JW Matheson PT, DPT, OCS, SCS which appear in the Nov-Dec 2013 issue of Sports Health. The papers are: Core Stabilization Exercise Prescription, Part 1: Current Concepts in Assessment and Intervention and Core Stabilization Exercise Prescription, Part 2: A Systematic Review of Motor Control and General (Global) Exercise Rehabilitation Approaches for Patients with Low Back Pain.

Katie Farrell, PT, DSc presented a poster titled “Evidence Based Review of Short Wave Diathermy in the Treatment of Knee Osteoarthritis Pain for Residents of Skilled Nursing Facilities” at the OPTA Conference and Pacific University College of Health Professions inaugural poster session in May 2014.

Erin E. Jobst, P.T., Ph.D. presented “Rehabilitation for individuals with diabetes mellitus” to Acute Care Rehabilitation Services at Oregon Health Sciences University in Aug. 2013.

Dr. Jobst (with Amber V. Buhler, David G. Fuentes Jr., Jodi Johnson, Shawna D. Rohner, Jennifer Antick, and Randy Randolph) published “Design, Presentation, and Evaluation of an Interprofessional Case Conference on Fibromyalgia” in the journal Health and Interprofessional Practice in October 2013.

In addition, Dr. Jobst taught a one-day continuing education course sponsored by PT On Call for PTs, OTs, and SLPs titled “Pharmacological Considerations for Geriatric Patients/Clients” in Spokane, WA on November 9th, 2013.

John Medeiros, PT, PhD presented a poster on “Ethical Dilemmas in Health Care” at the OPTA Conference and Pacific University College of Health Professions inaugural poster session in May 2014.

Bob Nee, PT, PhD, MAppSc co-authored a paper with Annina Schmid, PT, PhD and Michel Coppieters, PT, PhD titled “Reappraising entrapment neuropathies – Mechanisms, diagnosis and management.” The paper was published online in Manual Therapy on September 2, 2013. Citation information is listed below.

Schmid AB, Nee RJ, Coppieters MW, Reappraising entrapment neuropathies – Mechanisms, diagnosis and management, Manual Therapy. 2013 Sep 2: <http://dx.doi.org/10.1016/j.math.2013.07.006>. [Epub ahead of print]. PMID: 24008054

Dr. Nee also presented at one of the breakout sessions at the Oregon Physical Therapy Association Annual Conference on April 26-27, 2014. His session was entitled: “Neurodynamic treatment of nerve-related neck and arm pain: benefits, harms, and patient selection.”

Verna Ourada, PT, PhD co-authored a paper with A. J. Walker titled: “A comparison of physical health outcomes for caregiving parents and caregiving adult children” published in Family Relations, 63, 163 - 177. Feb 2014.

Jose Reyna, DPT was appointed to the Pacific University HIPAA taskforce which involves implementing and modifying policies and procedures in regard to patients’ health information. All University departments involved in patient care have representatives at the meetings.



UPC Walk Run Roll Fall 2013. Evan Liu ‘15, Nancy Cicirello, Ashley Sledz ‘15.



Pacific reception at CSM. Janie Hett ‘06, Dr. Rutt, Brenna Brandsma ‘05, Katie Farrell and Tony Iwakawa ‘05.

2014 HOMECOMING

SAVE THE DATE/HOMECOMING 2014

We have set the date for Homecoming 2014 for October 3-4. Volunteer recruitment for 2014 reunions is already underway for alumni in all colleges and programs. A minimum of two volunteers are needed to support a gathering.

Alumni whose class years end in 4 or 9 are invited to participate in their reunion committee. At this time the PT class of 1989 & 2004 will gather for a reunion on October 4th. To volunteer, contact Martha Calus-McLain ‘03, director of alumni relations, at 503-352-2764 or [martha@pacificu.edu](mailto:martha@pacificu.edu). Weekend activities will include:

- College of Health Professions continuing education
- Athletic Hall of Fame
- Hillsboro and Forest Grove campus tours
- Volleyball and men’s soccer games
- Willamette Valley Wine Tour
- Boxer Nation Celebration before the football game against University of Puget Sound
- Pacific’s Finest Awards Reception
- and more!

Visit [www.pacificu.edu/homecoming](http://www.pacificu.edu/homecoming) to learn more. Registration available this summer.

A PT IN EUROPE: MY EXPERIENCE WORKING FOR THE US SKI TEAM

By: David Cieslowski, DPT, CSCS

After graduating from Pacific in 2011, one of my professional goals was to become involved with the US ski team, and in particular, the cross country team. Before PT school, I had raced as an undergraduate, and then went on to compete at the national level until 2005. I felt that my experience as a racer and a student of the sport, as well as my education level post-PT school, would be invaluable to our nation’s best skiers competing on the world stage. It is rare to find a PT that has both the racing background and the PT education level in cross country ski racing, so I was excited to help in any way I could.

Finally, in 2013, I was named to the medical pool for the US Nordic Ski team. I was asked to travel with the Nordic Combined team in France and Austria for the world cup races leading up to the Olympics in Sochi, Russia. While in Europe, I fulfilled a few different roles for the team. One of the reasons I was brought over was my understanding of not only the body and skiing, but also because I could test race waxes and run support for the athletes during races and jumping. My typical day consisted of having breakfast and then working on any musculoskeletal issues they may have before heading off to the jump. Once at the jump site, I would help warm the athletes up and then run triage during the initial jump period. As the athletes finished off their competition jumps, I would go to the wax cabin and start testing roughly 40 pairs of race skis to make sure the team had the fastest skis of the day. I would then take the race skis into the start/finish area and get the athletes out on course for their races. During the race, I would give race time splits and supply spare poles in case one was broken. After the race I would help with any warm-down needs the athletes had, get them back to the hotel for dinner, and then work on them until about 10pm. Long days!

From a PT perspective, there were a lot of different issues that I encountered. These athletes come off a ski jump at roughly 60mph and fly up to 110 meters, so you can imagine the injuries sustained if things go wrong. In general, during the competition season PT is typically focused on tissue and injury maintenance so that the athletes can continue to compete. I was also involved with the coaching staff, talking about technique changes that needed to be made and the role that those changes would make in their injuries and symptomatic areas. In some cases, I was able to help cue the athlete as to whether his technique was correct based on the presence or absence of his symptoms.

The trip was very successful, as we placed two athletes in the top 10 at each event. Traveling with Nordic Combined was an honor and I am excited to continue to work with the US Nordic team. The experience I gained and the friends that I made are invaluable and I am looking forward to contributing more in the future!

2013 WINTER VISIT TO NICARAGUA

Representatives from the College of Health Profession Schools of Dental Health Science, Physical Therapy, Physician Assistant Studies, Occupational Therapy, Pharmacy, Psychology, and Audiology returned to Nicaragua to provide services in Jinotepe in the South, and Jinotega in the North!



Angela Zielinski, DPT ‘14 and Emily Thacker, SDPT ‘15.

Participants completed needs assessments and established relationships with two new residential homes for older adults. Health services were provided to 105 residents along with 1550lbs of supplies, including: medical & rehabilitation supplies, pharmaceuticals, and hygiene products. Trainings were held for 38 caregivers, 34 health professionals, and 18 volunteers through workshops and 1:1 activities.



At left, front row is Talina Marshall DPT ‘12, and Rebecca Reisch, DPT ‘01 and ACCE. Top, middle is Angela Zielinski, DPT ‘14 and Emily Thacker, SDPT ‘15.

2014 CLASS LISTING

Graduates

Courtney Paresa (Barnes)	Kristin Paruszkiewicz
Larissa Bomberger	Jennifer Sabo (Reif)
Anna Leith (Botterill)	Kelsey Rickabaugh
Anthony Braga	Emily Roush
Nicole Brewster	Leah Rybolt
Jacki Carter	Samuel Schroetke
Dane Chambers	Kayla Scotch
Laurel Charbonneau	Elizabeth Simser (Snook)
Zach Christopherson	Alysha Spear
Roland Cochrun	Nathan Stinnett
Perry Dunn	Rikki Versteeg
Jamie Ford	Laura Volcheff
Cassandra Fuller (Garcia)	Whitney Wenger
Lauren Stockwell (Gray)	Ross White
Eryn Kirschbaum	Kelsey Wilde
Ellen Koebel	Angela Chen (Wu)
Rylin Laplante	Carrie Yap
Rachel Lee	Kristen Zaporowski
Elizabeth Lopez	Angela Zielinski
Monica McPartland	
Michael Okada	
Michael Olson	
Krystyna Owens	Lisa Obergottsberger

Clinical Doctorate for Practicing Therapists (TDPT)

STUDENT AWARDS FOR 2014  
Alumni Award/Outstanding Graduate:  
Zachery Christopherson

Director’s Award:  
Michael Olson

Valedictorian:  
Jacki Carter

Community Service Award:  
Dane Chambers



ALUMNI UPDATE

1983  
Gail Miyasaka, Warren Arakaki, and others from the class of 1983 gathered in October 2013 for their 30-year reunion at McMenamins Grand Lodge in Forest Grove, OR.



2000  
Jill (Diers) Kaskinen received her DPT from Evidence in Motion. Julie Robertson is working as Associate Professor and Academic Coordinator of Clinical Education in a new Physical Therapist Assistant Program at Flathead Valley Community College in Kalispell, MT. She was involved in starting up the program; full accreditation was granted in November 2013.

2003  
Torey Gilbertson, Cathleen King, and others from the class of 2003 gathered in October 2013 for their 10-year reunion at McMenamins Grand Lodge in Forest Grove, OR.



2004  
Jade Wilcoxson became a professional cyclist two years ago and at age 36, is the oldest member of the Optum Pro cycling women's team. Jade won the USA Cycling Professional Road National Championships in 2013 and is considered a contender for a spot on the 2016 U.S. Olympic team. She has been the subject of many articles on websites such as Cycling and The Wall Street Journal. Go Jade!

2007  
Tara Simonson, husband Cory, and son Mason (3) are expecting a baby girl in July. Tara continues to work for Southwest Physical Therapy in their Gold Beach office as well as at the local hospital in Gold Beach, Oregon. Tasha MacIlveen traveled to SE Asia with her brother in December 2013. She was recently named the Orthopedics and Spine Clinical Advancement Program lead with Providence, which means she is helping to elevate and standardize practice patterns for Providence outpatient rehab throughout the state of Oregon. Tasha will also represent Oregon as the chief delegate at the 2014 APTA House of Delegates in June. Michelle (Axelson) Lacey welcomed a son, Weston Kyle Lacey, on May 2, 2014. Her daughter Anniston will turn 2 in July. She and her husband, Lance, purchased their first home in Wasilla, AK. Michelle has worked with Advanced PT for 7 years and is now a stakeholder in the company. Lynsay (Lampman) Ludwig continues to work in a skilled nursing facility in Nampa, Idaho. Her son Gavin is 4 1/2 and her daughter Devyn is 3. She and husband, Kyle, will celebrate 7 years of marriage this year with a trip to Bend, Oregon in September. Tom Lyttle and wife, Katie (Stewart) '06, are expecting a daughter in June. Their son Jack is 3 1/2. Tom is in the primary PT position of a new Legacy sports medicine clinic in Beaverton, Oregon. In September 2012 Tom was commissioned to be the second physical therapist in the Oregon Army National Guard.

2008  
Mike Bridges and wife Crystal (Wilson) had a baby boy named Charles. Mike will begin teaching at Pacific University School of Physical Therapy fall of 2014. Ernest Sturzinger and wife Megan welcomed twin boys named Jason and Ethan. Jeremy Hilliard and wife Julie are expecting their first baby in August.

2009  
The class of 2009 gathered on May 31, 2014 for a 5-year reunion at Shute Park in Forest Grove.



Christy Natale, Jenn (Wangerin) Hanauld and Sarah Gross



Evan Hassel and Deirdre Matt

2011  
David Peterson and wife Amy (Smith) Peterson live on Maui, HI. They started their own company, Hana Lima Physical Therapy, which focuses primarily on manual therapy and movement-based rehab. Amy continues to enjoy her job providing pediatric PT services to the children of Maui County. They have a 1 1/2 year old daughter.

ALUMNI UPDATE CONTINUED....

2013  
Trisha Wilkie is employed in an acute care setting in Leavenworth, WA. She is being trained in wound care and is frequently reminded of debriding that orange in PT school!  
Daniel and Liane (Nakamae) Truong married and are now living in Salt Lake City UT.



IN MEMORIAM



Steve Hodge, PT '79 passed away February 16, 2014 after a long illness. Steve had received a Bachelor of Arts in Psychology from Southern Oregon State College in 1977 prior to attending Pacific University. He established a private practice in Grants Pass, Oregon in 1981. Steve is survived by his wife Patty Hodge and his children Elena Borngasser, Kyle Hodge, Stephanie Hodge and Christina Hodge and two grandchildren.

Steve Hodge and his daughter Elena at the Class of '79 P.T. brunch on Graduation Day, May 27, 1979.

A NOTE FROM THE EDITOR

Catching Up  
Greetings fellow PT Alumni,  
I had the opportunity to attend the Educational Leadership Conference (the annual conference of the Education Section of the APTA) in Portland, OR this past fall. I was able to catch up with PT Program Director Richard Rutt and Professor Katie Farrell. I enjoyed reminiscing about the “good old days” and my time at Pacific University. Although I have not been to Pacific University recently, I was able to visit the health professions campus in 2010 for my 10 year class reunion and I am astounded at the changes in physical therapy education over the years. I welcome you to share with me your reflections and memories of your days at Pacific University for inclusion in the next newsletter – along with any old photos. As always, I love to hear what you are doing both personally and professionally. Please take time to update us either by filling out the form in this newsletter or by emailing me at jrobertson@fvcc.edu. I look forward to hearing from you!  
Julie Robertson, PT, MSPT  
Class of 2000

ALUMNI CLASS CONTACTS

This is the current list of class contacts. If your class is not represented and you are willing to be your class contact person, please email the editor at jrobertson@fvcc.edu. Thank you!

1979	Anne (Harrington) Watson	annewats@aol.com	2004	Jen Lambert	lamb5802@pacificu.edu
			2005	Kathryn Hoover	hooverke@hotmail.com
1984	Enid Halewyn	enideh@gmail.com	2006	Stephanie Wolfe	vbpsteph@msn.com
1986	Lisa Goodrich	mlgoody@peak.org	2007	Jeanette Schacher	jeanette_77_2000@yahoo.com
1988	Rita (Flaim) Larson	ritajohnlarson@msn.com	2008	Jeremy Hilliard	hill4088@pacificu.edu
1989	Cathy (Leong) Doyle	mptcnt@gmail.com	2009	Josh Zavernick	zave2503@gmail.com
1999	Jason Brumitt	brum4084@pacificu.edu	2010	Belen Garcia	garcibelen@gmail.com
2000	Julie Robertson	julierobertsonpt@gmail.com	2011	David Peterson	pete4118@pacificu.edu
2001	Melissa Miller	melamiller@hotmail.com	2012	Shahin Pabani	paba8615@pacificu.edu
2003	Jeni Gall	jrussellmania@msn.com	2013	Evan Hiles	evanhiles@gmail.com

KEEP US UP-TO-DATE!

Let us know what you and your colleagues are up to.

Name: \_\_\_\_\_

Class Year: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

What's happening: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_