

# Marquette Physical Therapy

## What's new in MUPT?!

- Facility Updates
- PT Research
- MU Challenge
- APTA

## Student Events

- Philanthropic Events
- Social Events
- 2011 PT Olympics Results



## MUPT Sports Rehabilitation Clinic —Written by Paula Puntillo

This year the Marquette Sports Rehabilitation Clinic opened its doors providing physical therapy and athletic training services to students and faculty. The Clinic is currently staffed by Jeff Wilkens, MPT who is a graduate of Marquette's Physical Therapy Department. The Clinic fits nicely into the research and teaching mission of the Physical Therapy Department because it will allow for research questions to be developed and tested in the clinic, patient demonstrations, practice opportunities for faculty and ATC's, and for PT and AT interns to gain



clinical experience. One of the goals of the Clinic is to be able to buy some equipment to use not only for rehabilitation but for teaching purposes as well.

Hours are by appointment only. Call (414) 288-1400 to arrange your visit today.  
Cramer Hall, Room 215

## Neurological Residency —Written by Paula Puntillo

The Marquette Neurological Residency program co-hosted by Zablocki VA Medical Center is a one year program that has both academic and clinical components. The academic component is through Marquette and other institutions and provides ad-

vanced academic content in neurology. A big feature of the program is mentorship to the residents in the program by master clinicians in neurological rehabilitation. The clinical component is done at the VA Hospital allowing the residents advanced clini-

cal experience in neurological rehabilitation as well as being mentored about their patients there. The Physical Therapy Department hopes to add an Orthopedic or Sports residency in the future.

## Research in MUPT —Written by Kelsea Mills



### **Marie Hoeger-Bement, PT, PhD**

**Education:** B.A., General Science with Biology Minor, University of Northern Iowa, 1994; M.P.T., Physical Therapy, University of Iowa, 1997; Ph.D., Rehabilitative Science, University of Iowa, 2004

**Teaching Responsibilities:** PHTH 7530 Pain Mechanisms and Treatment; PHTH 7560 Physical Technologies

**Current Research:** Marie's current research goal is to better understand the mechanisms and management of acute and chronic pain. The main focus of the research is on the prescription of exercise including the various factors that may influence the pain response following exercise such as exercise dosage, age, and obesity.

**Why she chose research/teaching:** Marie can't imagine a better environment to work in. "I love the learning process and working with students." She also enjoys that research can give her the opportunity to answer the unknown. For anyone interested in research, she highly recommends the College of Health Sciences summer research program for undergrads.



### **Allison Hyngstrom, PT, PhD**

**Education:** B.A., Biology, Augustana College, Rock Island, IL, 1996; M.S., Physical Therapy, Washington University, St. Louis, MO, 1998; Ph.D., Neuroscience, Northwestern University, Evanston, IL, 2007

**Teaching Responsibilities:** PHTH 7515 Pathophysiology & Aging; PHTH 7932 Advance Topics in Physical Therapy: Neurologic Rehabilitation

**Current Research:** Allie's current research is about motor impairments that limit walking after stroke. Specifically, they look at the role of neuromodulatory brainstem pathways in the CNS that impact motoneuron excitability and may play a role in fatigue. Their goal is to use their research to develop new physical therapy and pharmacological interventions to normalize muscle fatigability after stroke.

**Why she chose research/teaching:** While Allie worked at the Rehab Institute of Chicago, she found that there was not a lot of literature to guide appropriate treatment for patients post stroke. She went into research to help develop appropriate treatments to help these patients. She chose teaching because she likes gaining new perspectives from students from how they interpret different problems. She especially appreciates how PT students have a pure perspective of questions raised by research.



### **Sheila Schindler-Ivans, PT, PhD**

**Education:** B.S. in Physical Therapy, Marquette University, Milwaukee, WI, 1989; M.S. in Kinesiology, Simon Fraser University, Burnaby, BC, Canada, 1997; Ph.D. in Rehabilitation Science, University of Iowa, Iowa City, IA, 2001

**Teaching Responsibilities:** PHTH 7522 Introduction to Evidence Based Practice; PHTH 7674 Critically Appraising and Contributing to the Evidence for Clinical Practice

**Current Research:** Sheila is currently researching locomotion in patients who have strokes. In the lab, they use functional imaging, such as fMRI, magnetoencephalography, and electrophysiology, to stimulate the brain and peripheral nerves. The goal is to see how the Central Nervous System reorganizes after stroke to produce locomotion. For more details on her research, you can go to her Marquette website: <http://www.marquette.edu/physical-therapy/facstaff-ivens.shtml>.

**Why she chose research/teaching:** "I love it!" When Sheila worked in the clinic, she realized that she wanted more answers for why people respond to certain therapies while others do not. During her masters, she realized there weren't any clear-cut answers for why some people can re-learn to walk. She wants her research to help clinicians determine which patients will respond to the right types of therapy. She likes the deep level of thinking that comes with doing research. She believes that teaching evidence based practice will "empower our students" and make them better clinicians. She also wants to spark the interest of students to get involved with research at Marquette.

## Graduate Programs —Written by Paula Puntillo

The Clinical and Translational Rehabilitation Health Sciences Program offers a masters degree track for Exercise Physiology and Athletic Training majors not interested in Physical Therapy and a PhD track to train clinicians in research and teaching. The Masters degree is a five year program including bachelors and masters degrees that will allow its graduates to enter

leadership positions in their respective fields. The PhD program is for PT, SLP, PA, or any clinical profession with a masters or doctoral degree. The program has the capacity for up to eight full time PhD students who would receive full tuition and a yearly stipend. One of the unique features of the program is that it is the only Clinical and Translational Health

Sciences program affiliated with an NIH funded Clinical and Translational Science Institute focused on physical therapy. All the research performed is done with the goal that it will be able to be translated into the clinical setting. The Department has added three dynamic state-of-the-art research and teaching laboratories which is call the Movement Disorders Core. This

core facility includes new laboratories in motion analysis, exercise physiology and strength and conditioning all located in the ground floor of Cramer Hall within 50 feet of one another.

### Donations

PT Council has donated \$300 to the following three organizations this semester:

**MU Global Medical  
Brigades  
National Hydrocephalus  
Foundation  
American Lung Associa-**

## APTA News —Written by Elizabeth Crane

**National Student Conclave:** NSC took place earlier this semester in Minneapolis, MN. Many Marquette students attended and had a great time. NSC is a great conference to consider going to for your require-

ment as it is specifically for students, so you are guaranteed to get a lot out of it and have a great time! Next year's NSC is scheduled for November 2-4 in Arlington, VA.

**District Metting:** The district meeting went well. Carroll College won the Golden Goniometer award this time around, but Marquette was a definite competitor. Please consider participating

in some of the district meetings throughout the next year!



## WPTA Fall Conference —Written by Elizabeth Crane

The WPTA Fall Conference took place Oct. 13-15th in the Wisconsin Dells. Five DPT students and many faculty members and alumni from MU attended the conference. There were a lot of great speakers who covered topics ranging from low back pain to fall prevention to cycling and running

mechanics. A student social on Thursday night gave students from Marquette, Concordia, and UWM the opportunity to talk and share insights and experiences from their education and clinical rotations. The conference was a great success and a lot of fun.



### Marquette Challenge Fundraisers

Keep your eyes open for these opportunities to contribute to Challenge this year!

**Scrip Gift Certificates**

**Coffee Sale**

**Bake Sale during Massage-a-Thon**

Thanks to all who have already participated in these and other fundraisers including the Silent auction and Chili cook-off!

## MUPT Olympics 2011 —Written by Elizabeth Crane

The 2011 MU PT Olympics was a great success! The classes competed in a variety of events and had a ton of fun! The competition kicked off with tug-of-war on Friday night, followed by an intense day of sports and activities on Saturday, including basketball, volleyball, sweatshirt swim, theraband launch and Dr. Starsky's adventure race. It was a close competition, as



The DPT 5's having fun during PT Olympics!

always, but this year the DPT 5's came out on top. Thanks to all who participated! The tradition will continue next fall with PT Olympics 2012. Remember, it's never too early to start training for next year!

### RESULTS:

- 1st place: 5's  
(140pts)
- 2nd place: 6's  
(125pts)
- 3rd place: 2's  
(105pts)
- 4th place: 1's  
(65pts)
- 5th place: 4's  
(60pts)
- 6th place: 3's  
(0pts)

## Blood Drive —Written by Alison Kescenovitz

The MUPT Blood Drive was a huge success! We had 29 donors, 4 more than our goal of 25. Thank you to all who donated and all who made the trip and attempted to donate. Thank you also to all our wonderful volunteers. We couldn't do it without you.



Marquette University  
Physical Therapy

## Physical Therapy Student Council E-board

The new e-board for PT Council was selected for Spring and Fall of 2012

**President:** Alison Kescenovitz  
**Vice President:** Kirsten de Guzman  
**Treasurer:** Kristen Corley  
**Secretary:** Lauren Niemi



MUPT Students having a blast at the New Berlin Therapies Halloween Party!