Wheelchair Basketball with the Milwaukee Thunder

By: Kristen Seroka
Adaptive Abilities Club President

This semester, the newly started Adaptive Abilities Club teamed up with the Milwaukee Thunder to host a wheelchair basketball game at the Helfaer Recreation Center. This amazing event allowed students to see first hand the challenges and thrills of wheelchair basketball. The event began with an explanation of what wheelchair basketball is and how it is played, followed by a demonstration game by the Milwaukee Thunder team. Afterwards, students joined in with over 20 spare sport wheelchairs to try their skills.

While some students showed more promise in the sport than others, all realized that the sport was much harder than it appeared. The task of dribbling, which seems almost second nature to most basketball players, proved to be an all encompassing challenge. Students attempted to propel and steer their chairs, dribble the basketball, and remain aware of their ever changing environment. If this did not challenge the students enough, they were definitely thrown for a loop when defensive players came smashing into their chairs.

Another challenge, which I myself had significant issues with, was attempting to shoot the ball with only the strength of your upper body. It is difficult to transition from having full use of your body to being strapped into a chair from the waste down. Needless to say, all of the Marquette participants left the 3 hours of play both enthused and exhausted.

One of the major goals of the Adaptive Abilities Club is to help students to see and understand the abilities that each person maintains despite their disabilities. This event allowed Marquette students to hear the stories of adaptive players and their families, to see first hand a way in which athletes can compete with adaptations, and to experience the sport for themselves. After a successful event, we look forward to bringing wheelchair basketball to the 2014 PT Olympics!

“It was a very humbling experience to meet the Thunder and to get the chance to try to understand all the obstacles they must overcome on a daily basis.”

- Ryan Lifka

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A Proposed Novel Function of the Psoas Minor Revealed Through Cadaver Dissection

By: Luke Garceau and Dr. Don Neumann

Surprisingly, little information exists about the anatomy and function of the psoas minor. According to Gray’s Anatomy, this often absent muscle originates on T12 and L1, and inserts on the pelvis, and is considered a “weak trunk flexor”. One important missing detail, however, is the extent and frequency that the muscle attaches into the iliac fascia that drapes over the iliopsoas. It seems possible that the function of the psoas minor may be to control the tension in the iliac fascia. If so, this control could assist with the mechanical stability of the underlying iliopsoas as it crosses the superior pubic ramus on its way to the lesser trochanter of the femur. We speculate this may have important clinical implications, specifically on such pathologies or conditions that are thought to be associated with “snapping hip” syndrome, iliopsoas impingement, and iliopsoas bursitis. To add clarity to this issue we performed a cadaveric study. The purpose of this investigation was to describe the gross anatomic detail of the psoas minor, with specific attention to the muscle’s distal attachments. Additionally, we sought to describe the iliac fascia that covers the distal iliopsoas, specifically its anatomic and spatial relationship to the distal, pretendinous part of the iliopsoas muscle.

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Wheelchair Basketball: Student Account

By: Ryan Lifka

As mentioned on the front page, Kristen Seroka and MUPT organized a unique opportunity for the program’s students and friends to interact with a group of truly inspiring individuals, the Waukesha Thunder wheelchair basketball team. The members of the Thunder were extremely positive and welcoming towards all of the participants, many of whom had never played wheelchair basketball (myself included). By getting a chance to play with the Thunder, my classmates, siblings, and I gained a great appreciation for what the Thunder players do out there. More importantly, this appreciation extends well beyond their impressive talents on the court and into their daily lives. It was a very humbling experience to meet the Thunder and to get the chance to try to understand all the obstacles they must overcome on a daily basis. As I’m sure all the other participants can attest, the enthusiasm with which the Thunder choose to persevere through their hardships on their way to pursuing their passion on the basketball court is incredibly inspiring and truly a lesson to be followed by all in our daily lives. All in all, wheelchair basketball day with the Thunder was a great success, not only in terms of the fun basketball action, but also in regards to the very encouraging, inspiring atmosphere enjoyed by all.
Milwaukee’s First PT Pub Night

By: Rob Hofschulte

About 40 Physical Therapy professionals and SPTs from all of the Milwaukee Area programs came together at Lakefront Brewery on Thursday April 24th for Milwaukee’s first PT Pub Night.

PT Pub nights began in Oregon as a fun and effective way to bring physical therapy colleagues together. In its simplest form PT Pub Nights are gatherings of professionals and students brought together to have conversations and share perspectives on not only physical therapy but life. PT Pub Nights provide opportunities for PT professionals and students to create new and build on existing relationships. Relationships create possibilities and it is through relationships that significant things happen. Networking and building relationships with other students and professionals in the area have been described as the top reasons for attending PT Pub Nights. PT Pub Nights fills a desire for professional connections that are unable to be found anywhere else. All PT and PTA professionals and students, WPTA members and non-members may attend! PT Pub Night is not a WPTA sponsored event, just a group of physical therapy professionals and students getting together for some conversation and fun!

Hope to see you at the next one!

Published SPTs!

By: Megan Rybar

The stroke related effects of hip flexion fatigue on over ground walking was published in the April 2014 issue of the Journal of Gait and Posture. Members from the Department of Physical Therapy and the Department of Biomedical Engineering looked at the impact of hip flexion fatigue on walking in people with stroke compared to healthy control subjects. Findings showed that for a given level of fatigue, the impact on walking function was more profound in individuals with stroke than neurologically intact individuals as evaluated by spatio-temporal properties of walking, EMG and lower extremity joint kinematics. In people with stroke, hip flexor muscles compensate for decreased ankle propulsion forces and the lack of ability to make up for losses in hip kinematics with minimal increases in RF EMG suggests difficulty compensating for hip flexor muscle fatigability during gait.

Article Citation:
Travel PT

By: Lauren Niemi and Marisa Gordon

Worried about finding a job after graduation? Nervous about interviews? Still have that travel-bug, that is just itching to explore new places? Travel PT might just be the perfect answer for you! Tommy Oswald with Advanced Medical came in for a BBL and filled us in on all the details. Getting started with Advanced Medical is easy, no interview to get started and they love new grads. Each new placement will have an informal phone interview to make sure it is a good fit, for both you and the clinic.

Travel jobs can range from 6 weeks to 3 months, typically on the longer side. Contracts can get extended if you like where you are placed and can even turn into a full time job at that placement! The best part, it is all up to you. Where you would like to travel, the setting you would like to work, how much time you want between placements — it’s all self selected!

Travel PT Perks and Tips

Reimbursement: Continuing Education, Conferences, State Licensure
- Access to 100s of CEU courses available via an on-line program.
- Can be simultaneously licensed in multiple states

Be open to traveling within an entire state, for more placement options.

If offered: take the tax-free housing stipend; anything unused is $$ in your pocket

You will be presented with every job that becomes available in your area, the more flexible you are, the easier the placement process!
- Travel PTs are in demand!! Majority in SNFs/ GERI settings

Health Insurance: You are covered while traveling and up to 2 weeks between assignments. Can buy into the insurance package if want to take >2 weeks off.

Start a placement that is not the right fit?
- 14 or 30 day notices are built into every contract! Including if the site finds a full time PT for the spot you are currently filling.

Does a few months as a travel PT look flighty on your resume?
- Shows independence, flexibility, and adaptability!

Expected Salary?! $95,000—$100,000

Advanced Medical New Grads

Placed at a new-grad friendly facility (with experienced PTs to mentor)

Mentors within Advanced Medical also help to prep you before a placement and are available through a variety of means throughout your placement as well.

Work 1 year—$2500 tax-free bonus for student loans

Work a second year — Another $2500 tax-free bonus for student loans.
A Proposed Novel Function of the Psoas Minor Revealed Through Cadaver Dissection

(continued from page 2)

Our dissections consisted of 32 embalmed cadaver hips. Those that presented with a psoas minor underwent further examination to describe the muscle’s distal attachments and to measure other relevant anatomic baseline data. Results revealed 21 (65.6%) of the 32 hips presented with a psoas minor. The tendon of the psoas minor attached firmly into iliac fascia in all 21 of the hips and to bone in 19 of the 21 hips.

The findings from this study provide justification for the following two recommendations. First, we feel anatomy and kinesiology textbooks should consider including the iliac fascia as a prime distal attachment of the psoas minor, considering 100% of the psoas minor tendons inserted into it. This information should be stated as prominently as the muscle’s distal attachment into bone. Second, these sources should consider revising the action of the psoas minor as an accessory muscle to the iliopsoas. Considering the psoas minor attaches into the iliac fascia, it seems plausible that it could aid in controlling the position of the underlying iliopsoas as it crosses over the superior pubic ramus. Additionally, this muscular tension in the iliac fascia may prevent the iliopsoas from bowstringing away from the anterior pelvic brim during hip flexion angles greater than ~100 degrees. This bowstringing may unnaturally change the muscle’s moment arm and alter its kinetic and kinematic functions. Future studies should aim to justify the proposed functions and their clinical relevance, specifically related to the pathomechanics of painful conditions of the distal iliopsoas.

Did You Know??

- In this month (1896) the first Olympics of the modern era was held in Athens, Greece, after a break of 1500 years.
- For those games the men’s marathon was a special race invented to run from the city of Marathon to Athens, based on the legend of Pheidippides.
- Of the 17 who started the race less than half finished the race.