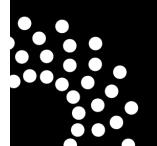
2025 Edition



# **ALUMNI NEWSLETTER**

University of Iowa Department of Physical Therapy & Rehabilitation Science

#### Message from the Chair

**New Space Complements our Mission** 

Over 43 years I have enjoyed the opportunity to hone my craft in many physical locations at the University of Iowa: Oakdale Campus, Westlawn Building, Steindler Building, Medical Education Building (the old Psych Hospital), Carver Pavilion, North Tower, and Pappajohn Pavilion to name a few. And now, in less than one year, Physical Therapy and Rehabilitation Sciences will move into another space: a brand-new Health Sciences Academic Building. Our new home on Melrose Avenue will be in a prime West Campus location, adjacent to University of Iowa Health Care and our Carver College of Medicine. We are excited about the opportunities that a state of the art clinical, educational, and research facility offers, and we appreciate the unwavering support for this building from leadership.

Some have inquired whether our mission will change with the new space. Our mission is to prepare a clinical and scientific workforce to lead patients, health systems, and a diverse society toward greater health. We cultivate excellence in education and clinical practice, discover and disseminate new knowledge, and develop leaders who serve our profession and society. Our principles focus on recruiting creative people, promoting operational efficiency, pursuing innovative discovery, and offering high-value DPT, PhD, and MA degrees. Our strategies to address our present and future needs advance our profession, the Carver College of Medicine, University of Iowa Health Care, and the University of Iowa. Our pursuit of excellence is guided by our own citizenship and grounded by our core values.

In summary, our mission will not change. The new Health Sciences Academic Building complements our mission and offers our faculty, staff, community stakeholders, and our students a stable home for many years to come.

Rich Shields PT, PhD, FAPTA
Chair and Department Executive Officer
Department of Physical Therapy and Rehabilitation Science

Health Sciences Academic Building Update



Construction on the Department's future home, the Health Sciences Academic Building, reached an important milestone in July: a "topping out" ceremony that marked the completion of the building's internal structure. Steel workers, architects, construction managers, and members of the University community all signed the final beam before it was lifted into place. Dr. Rich Shields and Dr. Stacey DeJong represented our Department at this event.

The Health Sciences Academic Building will offer flexible spaces and technology that instructors can use to seamlessly integrate lecture, hands-on practical training, and patient simulation. Research laboratories will facilitate collaborative opportunities with two other highly-ranked academic programs, as well as provide convenient access for research participants with mobility impairments. Student well-being is a priority, with dedicated spaces for study and team learning and with nearby access to greenspace and exercise facilities.

The building is scheduled for occupancy in 2026. We're excited to carry forward our Department's mission within this new space.



Dr. Shields signed the final steel beam on behalf of our faculty, staff, students, and alumni.

#### **UI Reception at CSM 2025**

University of Iowa PT alumni and friends are invited to a reception at the 2025 APTA Combined Sections Meeting in Houston.

If you'll be at CSM, please plan to attend!

**February 13, 2025** 7:00 - 9:00 PM

George R. Brown Convention Center 1001 Avenida De Las Americas Room 371 ABC

#### National Benchmarks Support Program Re-Accreditation

study, a longitudinal, multi-site effort to develop nationally representative benchmarks for DPT student experiences within the learning environment. Now in its 6th year, the study includes 130 programs and captures data from over 3,000 graduating students annually via the PT-GQ<sup>TM</sup> survey.

Dr. Kevin Garrison, Chair of the DPT program at University of Central Arkansas, explained the value of study participation: "The PT-GQ is invaluable to our program assessment as our school report provides longitudinal, comprehensive data that has evolved across the various waves to align with CAPTE accreditation standards....The benchmarks



enable DPT programs to identify areas for improvement, align with CAPTE expectations, and maintain the integrity of the profession."

Dr. Rebecca Craik, Dean Emeritus of the Arcadia University DPT program said "The data gathered from our students has been invaluable and replaced several other tools. The program's longitudinal data help to assess the effect of curricular and program changes as well as the extent of compliance with accreditation standards."

Dr. Craik continued: "Benchmarking [to] other programs provides a "real" context of our performance and assists in developing a rationale for necessary change. The results are not only useful in preparing the self-study; the results also provide quantitative support when requesting additional University resources."

Dr. Steven Ambler, Division Director of Education at Washington University in St. Louis, emphasized the ways that PT-GQ study participation gives their program an edge in a highly metrics-driven healthcare education environment: "The PT-GQ has provided our faculty with critical information to continuously improve our curriculum and our learning environment. In addition, it has raised the profile of Physical Therapy amongst the other health professions within our institution that collect and respond to benchmark data to continuously improve."

The Benchmarking in Physical Therapy Education study is piloting a new web-based DPT program portal and data analysis system. Improvements will include graphical output of results and the ability to benchmark to multiple years of data. The study team appreciates the commitment of enrolled programs in this groundbreaking effort and welcomes inquiries from interested schools.



#### **Alumni Updates**

Alumni, we want to hear from you...please usethis link or the QR code to keep us posted on all your latest personal and professional milestones!



Kathleen Sluka PT, PhD, FAPTA

## Sluka Receives Carver Chair Professorship, NIH HEAL Award

Dr. Kathleen Sluka has been named a Roy J. Carver Chair in Neuroscience through the Iowa Neuroscience Institute and the Department of Physical Therapy and Rehabilitation Science. This honor recognizes Dr. Sluka's standing as a global leader in pain neuroscience and non-pharmacological treatments for chronic pain. The Iowa Neuroscience Institute, funded by a \$45 million gift from the Roy J. Carver Charitable Trust, creates collaborative research opportunities for scholars from 26 University Departments in 8 Colleges.

In 2024, Dr. Sluka was chosen as one of six recipients of the NIH Helping to End Addiction Long-Term (HEAL) Award for Mentorship. This award recognizes HEAL-funded researchers who demonstrate exceptional commitment to the development and mentorship of early career scientists whose work supports solutions to the opioid crisis.

#### **Faculty Receive Awards**

Dr. Carol Vance received the Award of Excellence in Research from the Academy of Clinical Electrophysiology & Wound Management at the 2024 APTA Combined Sections Meeting in Boston. As a team scientist in Dr. Kathleen Sluka's laboratory, Dr. Vance oversees clinical trials of non-pharmacologic treatments for pain (eg. transcutaneous electrical stimulation, exercise), in a variety of patient populations.

Three Department faculty received awards at the 2024 APTA Leadership Congress in Kansas City. Dr. Rich Shields received the Jules M. Rothstein Golden Pen Award for Scientific Writing, recognizing published authors in Physical Therapy & Rehabilitation Journal (PTJ) whose writing has broadened perspectives within the profession. He and Dr. Shauna Dudley-Javoroski received the 2023 Chattanooga Research Award for an outstanding publication in PTJ, "Epigenetics and the International Classification of Functioning, Disability and Health Model: Bridging Nature, Nurture, and Patient-Centered Population Health".



Carol Vance PT, PhD

Dr. Ruth Chimenti received the 2024 Eugene Michaels New Investigator Award, recognizing independent and collaborative research activities that have a present or future impact upon the profession. Together with coauthors (including lowa faculty members Dr. Kathleen Sluka and Dr. Jason Wilken and 2024 PhD graduate Dr. Andrew Post), she received the 2024 Chattanooga Research Award for the PTJ paper "Efficacy of Telehealth for Movement-Evoked Pain in People with Chronic Achilles Tendinopathy: A Noninferiority Analysis."



Iowa PT faculty Dr. Ruth Chimenti, Dr. Shauna Dudley-Javoroski, Dr. Rich Shields, and past APTA President Roger Herr PT, MPA



Kelly Sass PT, PhD

#### Kelly Sass Retirement

In conjunction with the annual Education Summit and Golf Outing, the lowa PT family comemmorated the retirement of Kelly Sass, PT, PhD, after 27 years of service to the Department.

Kelly completed her MPT degree at Iowa in 1993 and worked as a physical therapist in Cedar Rapids. She joined the Department in 1997, teaching many of the core clinical skills courses within the curriculum. Kelly became a coordinator of our clinical education program in 2002, a role which she continued throughout her career. She forged partnerships with dozens of physical therapy clinics in Iowa and throughout the country, helping ensure that our students always had access to the highest quality clinical instruction in a broad range of settings and patient populations.

Kelly completed a PhD in Educational Psychology in 2016 and she served as a knowledgeable mentor to many new educators who joined the Department.

She was well-loved by our students and was a source of warmth, caring, and good humor within our shared Department culture. We wish Kelly and her family all the very best as they begin their next adventures!



Team Sass at the 2024 Student Scholarship Golf Outing

#### 2024 Iowa Educational Summit

On October 4, students, faculty, and members of Iowa's PT clinical community attended the 11th-annual Iowa Educational Summit. This year's event focused on "Innovation for Reimbursement in a Troubled Health Care System."

Robb Gardner, PT, MHL, ATC, Chief of Staff of the Iowa Hospital Association, presented current data on fiscal pressures facing Iowa hospitals, culminating in 2024 with the first two hospital closures in over 25 years. Systems-wide solutions for these fiscal pressures include strong revenue cycle management, hospital policies that emphasize staff well-being, and prudent use of technological innovations that enhance administrative efficiency.

Jon Van Der Veer DO, MBA and Carl Behne, President and Chief Strategy Officer of Hy-Vee Health Exemplar Care, explained how direct primary and urgent care can sidestep the shortcomings of conventional insurance plans. For both individual members and enrolled employers, evidence is emerging that high-quality direct primary care can yield higher patient satisfaction and better patient outcomes, in large part because barriers to preventive care and to timely intervention are minimized.

Chris Bayer CLF, REBC-SVP, and Chris Boling PPACA-SVP, representing the national insurance brokerage firm Assured Partners, provided background on "self-funded" insurance plans, in which an employer pays healthcare costs that exceed an employee's deductible. Appealing features of these plans for employees are greater access to wellness and prevention services (these reduce employer costs and are thus incentivized by employers), fewer prior authorization barriers, fewer limits on physical therapy services, and greater affordability.

Randy Boldt PT, CFO of Rock Valley Physical Therapy, expanded on how PT clinics can offset declining insurance reimbursement by partnering with employers who use self-funded insurance plans which incentivize preventive services. Rock Valley offers these services via their interprofessional team of exercise specialists, nutritionists, and physical therapists. Rapid access to appointments and virtual visits for musculoskeletal issues enable employees to avoid emergency room visits, reducing a key expense for enrolled employers.

The Summit concluded with an open forum Q&A session with all of the speakers.

# SAVE THE DATE!

2025 Education Summit Friday, October 10

A golf outing supporting student scholarships will follow in the afternoon!



#### PhD Degrees Awarded



Andrew Post DPT, OCS, FAAOMPTBS successfully defended his doctoral dissertation titled "Achilles Tendon Pain: Patient Treatment Innovation and Unraveling Immune System Contributions". His dissertation committee consisted of Ruth Chimenti (chair), Kathleen Sluka, Katie Hadlandsmyth, Jason Wilken, Laura Frey Law, and Cesar de Cesar Netto.



Mike Shaffer PT, MSPT, OCS, ATC successfully defended his doctoral dissertation titled "Assessing Clinical Outcome, Measuring Sensorimotor Control, and Providing Different Forms of Limb Feedback: Implications for Shoulder Rehabilitation." His dissertation committee consisted of Rich Shields (chair), Laura Frey Law, Danny Foster, and Brian Wolf.



Lei Zhu, BS, successfully defended her doctoral dissertation titled "Neuromodulation Parameters for Non-invasive Magnetic Stimulation of the Cervicothoracic Spine." Her dissertation committee consisted of Rich Shields (co-chair), Stacey DeJong (co-chair), Ruth Chimenti, Laura Frey Law and Hannah Roeder.

#### 2023 and 2024 Graduates Receive Scholarships

Thanks to the generosity of alumni and friends of the Department, each student in our two most recent graduating classes received scholarship support during their studies. This included support for all students to attend CSM in 2023 and 2024, respectively.

Several awards are made annually in honor of former lowa Physical Therapy & Rehabilitation Science faculty and staff:

- Byron E. Bork Dedication to Education & Service Scholarship: Justin Grevengoed ('23), Brianne Babcock ('24)
- David G. Gerleman DPT Applied Engineering Award: David Benthem ('23), Jordan De Groot ('23), Julia Hansen ('23), Maya Deuso ('24)
- First in Family Honor. Casey Van Natta ('23), Andrew Charney ('24)
- Judy Biderman Professionalism Award: Jacob Barker ('23), Nicholas Marnin ('24)
- Thomas M. Cook Scholarship for Innovation and Creativity: Justin Alpers ('24)

The following awards recognize academic achievement and outstanding clinical performance. Most were made possible by generous contributions from individual and corporate donors:



DPT Class of 2023

- Alumni Scholarships: Nathan Keele ('23), Heather Thovson ('23), Emma Brooks ('24), Kyla Kessler ('24)
- Boldt Family Professional Service Award: Daniela Perret ('23), Alexander Gaffney ('24)
- Frank and Marion Hazelton Memorial Scholarships: Jacob Norton ('23), Rachel Tebbe ('23), Justin Alpers ('24), Nicholas Marnin ('24)
- ILEND Trainee Scholarship Award: McKenna Johnson ('23), Alexis Shaffer ('23), Ryan Spence ('24)
- Jean Hammill Scholarship for Physical Therapy: Joshua Dueker ('23), Adela Henry ('23), Karianna Turk ('24), Allen Vis ('24)
- Kepros Physical Therapy Scholarship: Joseph Welling ('23), Mackenzie O'Neil ('24)
- Kincart Family Rural PT Scholarship: Maria Carrera ('23), Adam Mueller ('23) Emma Brooks ('24), Ryan Spence ('24)
- Louis & Dorothy Laubenthal Memorial Scholarships: Justin Grevengoed ('23), McKenna Johnson ('23), Brianna Krokaugger ('23), Haley Rodgers ('23), Alexis Shaffer ('23), Matthew Bohan ('24), Andrew Charney ('24), Anthony Gaziano ('24), Joseph Harkins ('24), Maddison Jansen ('24)
- Marilyn M. McCoid Scholarships: Kelsey Kinkade ('23), Casey Van Natta ('23), Andrew Charney ('24), Maxim Kleinschmit ('24), Cody Rickard ('24)
- Mary Lou Fairchild Clinical Excellence Award DaLana Kron ('23), Alyssa Wing ('24)
- Norman and Ruth Goldman Scholarships: Taylor Hansen ('23), Adela Henry ('23), Anna Parr ('24), Logan Wachter ('24)
- Rock Valley Physical Therapy Scholarship: Adela Henry ('23), Lauren Meyers ('24)
- Team Iowa Physical Therapy Award: Taylan Entriken ('23), Jess Williams ('23), Rowan Schlarmann ('24), Ryan Spence ('24)
- Tracy Dahl Memorial Scholarships: Nickolas Bernhagen ('23), Joshua Dueker ('23), Hannah Greenlee ('23), Julia Hansen ('23), McKenna Johnson ('23), Nathan Keele ('23), Kelsey Kinkade ('23), Abby Larsen ('23), Sydney Lear ('23), Clare Morehouse ('23), Keely Paus ('23), Haley Rodgers ('23), Courtney Sandell ('23), Alexis Shaffer ('23), Casey Van Natta ('23), Ashley Wehrenberg ('23), Joseph Welling ('23), Jess Williams ('23), Morgan Brinning ('24), Maya Deuso ('24), Bennett Goettsch ('24), Jennifer Haley ('24), Brittany Hegstad ('24), David Labriola ('24), Jolie Lannin ('24), Nicholas Marnin ('24), Jacob Morris ('24), Mackenzie O'Neil ('24), Camryn Pacholski ('24), Emily Ramseyer ('24), Cody Rickard ('24), Joshua Ruth ('24), Rowan Schlarmann ('24), Karianna Turk ('24), Alyssa Wing ('24)
- Award for Superior Achievement in Human Anatomy for Physical Therapists Julia Hansen ('23), Nicholas Marnin ('24)
- W.R. Ingram Award for Superior Achievement in Functional Neuroanatomy Erika Feenstra ('23), Emma Brooks ('24)



DPT Class of 2024

The following individuals received support for experiential learning, leadership training, and professional development:

- Leadership Recognition Awards: Teryn Falk ('23), DaLana Kron ('23), Madison Stoaks ('23), Connor Swim ('23), Veronica Tannenbaum ('23), Justin Alpers ('24), Anneliese Barton ('24), Kody Brinker ('24), Jared DeFriend ('24), Alexander Jarvis ('24), Ben Smogard ('24)
- Student Orientation Scholarships: Jacob Barker ('23), Nickolas Bernhagen ('23), Tyler Colgan ('23), Jordan De Groot ('23), Nicole Durkee ('23), Adela Henry ('23), Kelsey Kinkade ('23), Jacob Norton ('23), Daniela Perret ('23), Evan Smith ('23), Madison Stoaks ('23), Rachel Tebbe ('23)
- Service Scholarships: Clare Morehouse ('23), Casey Van Natta ('23), Ashley Wehrenberg ('23)
- Community Member Experiential Awards: Jacob Barker ('23), David Benthem ('23), Nickolas Bernhagen ('23), Maria Carrera ('23), Tyler Colgan ('23), Jordan De Groot ('23), Katherine Douglas ('23), Joshua Dueker ('23), Nicole Durkee ('23), Taylan Entriken ('23), Teryn Falk ('23), Erika Feenstra ('23), Hannah Greenlee ('23), Justin Grevengoed ('23), Julia Hansen ('23), Sarri Happel ('23), Haleigh Houston ('23), Brianna Krokaugger ('23), Abby Larsen ('23), Sydney Lear ('23), Alexandria Lewis ('23), Griffen McBride ('23), Clare Morehouse ('23), Jacob Norton ('23), Keely Paus ('23), Courtney Sandell ('23), Evan Smith ('23), Rachel Tebbe ('23), Heather Thovson ('23), Ashley Wehrenberg ('23), Justin Alpers ('24), Brianne Babcock ('24), Anneliese Barton ('24), Emma Braunbeck ('24), Morgan Brinning ('24), Emma Brooks ('24), Jared DeFriend ('24), Megan Downs ('24), Kaitlin Feda ('24), Peyton Flynn ('24), Jennifer Haley ('24), Kailey Heemskerk ('24), Brittany Hegstad ('24), Alexander Jarvis ('24), Kyla Kessler ('24),

Maxim Kleinschmit ('24), Jordan Klonne ('24), David Labriola ('24), Nicholas Marnin ('24), Lauren Meyers ('24), Jacob Morris ('24), Camryn Pacholski ('24), Anna Parr ('24), Emily Ramseyer ('24), Cody Rickard ('24), Colin Schuetz ('24), Ben Smogard ('24), Ryan Spence ('24), Allen Vis ('24), Samantha Weber ('24), Ian Woodward ('24)

- Community Member Trainer Awards: Jacob Barker ('23), Katherine Douglas ('23), Sarri Happel ('23), Brianna Krokaugger ('23), Sydney Lear ('23), Alexandria Lewis ('23), Jacob Norton ('23), Courtney Sandell ('23), Megan Downs ('24), Kailey Heemskerk ('24), Brittany Hegstad ('24), Alexander Jarvis ('24), Cody Rickard ('24), Colin Schuetz ('24), Ben Smogard ('24)
- Soderberg & Shields Advisory Scholarships: Jacob Barker ('23), Nickolas Bernhagen ('23), Maria Carrera ('23), Katherine Douglas ('23), Nicole Durkee ('23), Justin Grevengoed ('23), Julia Hansen ('23), Taylor Hansen ('23), Haleigh Houston ('23), McKenna Johnson ('23), Nathan Keele ('23), Kelsey Kinkade ('23), DaLana Kron ('23), Sydney Lear ('23), Alexandria Lewis ('23), Griffen McBride ('23), Clare Morehouse ('23), Adam Mueller ('23), Jacob Norton ('23), Keely Paus ('23), Daniela Perret ('23), Haley Rodgers ('23), Courtney Sandell ('23), Alexis Shaffer ('23), Veronica Tannenbaum ('23), Rachel Tebbe ('23), Casey Van Natta ('23), Ashley Wehrenberg ('23), Joseph Welling ('23), Jess Williams ('23), Justin Alpers ('24), Brianne Babcock ('24), Anneliese Barton ('24), Morgan Brinning ('24), Emma Brooks ('24), Andrew Charney ('24), Maya Deuso ('24), Megan Downs ('24), Anthony Gaziano ('24), Brittany Hegstad ('24), Maxim Kleinschmit ('24), David Labriola ('24), Lauren Meyers ('24), Camryn Pacholski ('24), Anna Parr ('24), Emily Ramseyer ('24), Cody Rickard ('24), Joshua Ruth ('24), Colin Schuetz ('24), Ben Smogard ('24), Ryan Spence ('24), Samantha Weber ('24), Ian Woodward ('24)

Congratulations to all our 2023 and 2024 graduates, and best of luck in your PT careers!

#### Faculty Publications for 2024:

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Stubbs C, McAuliffe S, **Chimenti RL**, Coombes BK, Haines T, Heales L, de Vos RJ, Lehman G, Mallows A, Michner LA, Millar NL, O'Neill S, O'Sullivan K, Plinsinga M, Rathleff M, Rio E, Ross M, Roy JS, Silbernagel KG, Thomson A, Trevail T, van den Akker-Scheek I, Vicenzino B, Vlaeyen JWS, Pinto RZ, Malliaras P. Which Psychological and Psychosocial Constructs Are Important to Measure in Future Tendinopathy Clinical Trials? A Modified International Delphi Study With Expert Clinician/Researchers and People With Tendinopathy. J Orthop Sports Phys Ther. 2024 Jan;54(1):14-25. PMID: 37729020. doi: 10.2519/jospt.2023.11903

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#### Research Grant Support (PI's)

#### Ruth Chimenti DPT, PhD Assistant Professor

Johns Hopkins University/NIAMS: \$834,209 (Multi-PI)

A Sequenced-Strategy for Improving Outcomes in Patients with Knee Osteoarthritis Pain

National Institutes of Health: \$1,467,542 (Multi-PI) Development of diagnostic and prognostic ultrasound imaging biomarkers for plantar heel pain (QUANTIFY)

Congressionally Directed Medical Research Programs: \$2,428,329 (PI) Expanding and Accelerating Access to Care for Achilles tendinopathy through Self-management

Rehabilitation Strategies (PACE)

#### Laura Frey Law, MPT, MS, PhD Professor

National Institutes of Health: \$1,846,347 (Multi-PI) Metabolic Biomarkers for Fibromyalgia

National Institutes of Health: \$11,030,472 (Multi-PI)

Clinical Coordinating Center for the Acute to Chronic Pain Signatures Program

National Institutes of Health: \$154,309 (Multi-PI) Novel Insights into Osteoarthritis, Pain, and Function: MOST 4

## Richard K. Shields PT, PhD, FAPTA Professor

Permobil, Inc: \$52,116 (Multi-PI)
Post-Meal Positioning in a Power Wheelchair:
Impact on Insulin-Glucose Levels, Muscle Cell
Signalling, and Sympathetic Vagal Tone Among
People With and Without Spinal Cord Injury

### Kathleen Sluka, PT, PhD, FAPTA Professor

National Institutes of Health: \$2,546,756 (PI) Role of Macrophages in Activity-Induced Pain and Analgesia

National Institutes of Health: \$1,846,347 (Multi-PI) Metabolic Biomarkers for Fibromyalgia

National Institutes of Health: \$9,307,793 (Multi-PI) Fibromyalgia TENS in Physical Therapy Study (TIPS): An Embedded Pragmatic Clinical Trial

National Institutes of Health: \$11,030,472 (Multi-PI)

Clinical Coordinating Center for the Acute to Chronic Pain Signatures Program

National Institutes of Health: \$4,456,745 (Multi-PI) Interdisciplinary Training Program in Pain Research

#### Jason Wilken PT, PhD Associate Professor

Congressionally Directed Medical Research Programs: \$349,225 (PI)

OP210037 - Carbon Fiber Orthosis Cuff Design (AFOCUFF)

Congressionally Directed Medical Research Programs: \$3,969,294 (PI)

From Opinion to Evidence: Multi-site Evaluation of

Custom Dynamic Orthosis Best Practice (AFOSVA)

Congressionally Directed Medical Research Programs: \$399,496 (PI)

The Effects of Heel Clearance on Foot Loading with Carbon Fiber Custom Dynamic Orthoses (CDODistract)

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