Message from the Chair

Over twelve years ago our faculty and staff supported a new strategic plan that focused on simultaneously curbing student debt and enhancing our educational quality. By doing this, we set our sights on enhancing the value of a Doctor of Physical Therapy (DPT) degree. We implemented a number of strategies to achieve this goal:

- We performed an economic analysis and showed that increases in DPT tuition were far outpacing growth in entry-level salaries. We worked with our College and University to control tuition rates and expand our endowed scholarships, annual giving, and experiential scholarship programs to ensure that our graduates’ educational debt is supportable by their salaries.
- We increased our recruitment of students from diverse ethnic, socioeconomic, and cultural backgrounds, motivated by our belief that the best education emerges from an environment that honors pluralism.
- We recruited key faculty members to drive our educational and research missions. We are proud of our 15 core faculty who combine exceptional scholarship programs with skillful teaching. Our nearly 90 adjunct clinical faculty offer an invaluable network of cutting edge expertise in all areas of clinical practice and technology.
- We invested heavily in our infrastructure, creating media-enhanced teaching laboratories equipped to record sessions for off-site learning.
- To increase operational efficiency, we reorganized our administrative and committee structure and instituted commonsense cost-saving practices.
- We sharpened our curriculum with content areas that will define the next era of practice. We are proud of our contemporary curriculum, which features a unique full-semester pain mechanisms and management course, an activity-based plasticity course, and an inter-professional education (IPE) program with students from nine different healthcare professions.

Great strategies must be accompanied by measurement, if success is ever to be gauged. After developing our strategic plan we began to rigorously assess every aspect of our program operations and student outcomes. Our entire faculty and staff, together with our students, participate in annual 360-degree peer assessments of professionalism and citizenship (J Allied Health 2017). In our IPE curriculum, we measure the effectiveness of peer-teaching interactions between DPT and medical students (Anat Sci Educ 2014). Through our economic analysis of the DPT degree, we reported a national debt benchmark... (continued next page)
Message from the Chair (continued):

...above which the DPT degree loses economic power (J Physiother 2018). We have accumulated ten years of data on an array of factors that may affect the student experience, such as burnout, mistreatment, tolerance for ambiguity, empathy, and the quality of faculty-student interactions (Phys Ther 2018). By leveraging these data sources, we can track our progress toward our vital mission; to offer the highest-quality physical therapy education at a cost that makes sense.

Many others share our vision to enhance value in PT education. We are grateful for the work of APTA, the Commission on Accreditation in Physical Therapy Education (CAPTE), the Iowa Physical Therapy Association, other academic programs, and clinical partners from myriad practice settings who aspire to build the strongest possible foundation for our profession.

Richard K. Shields, PT, PhD, FAPTA
Professor, Chair, and DEO

Gary L. Soderberg Endowed Professorship

We are pleased to announce that Gary L. Soderberg PT, PhD, FAPTA, and his wife, Loretta Knutson PT, PhD, PCS, have provided a generous contribution to fund the first endowed professorship within the Department of Physical Therapy and Rehabilitation Sciences.

This fall, Iowa Professor, Chair, and DEO Richard K. Shields PT, PhD, FAPTA will assume the inaugural Gary L. Soderberg Endowed Professorship in Physical Therapy and Rehabilitation Science.

Dr. Soderberg was recruited to the University of Iowa in 1972 in order to advance the newly-established PhD degree program (one of the first in the country). He was the Department's Director from 1984 to 1992 and currently serves as an Emeritus Professor. During his time at Iowa, Dr. Soderberg oversaw our transformation into a nationally-recognized leader in physical therapy and rehabilitation research. Through his own outstanding scholarship and mentoring, Dr. Soderberg paved the way for the next generation of physical therapy scientists.

As a distinguished leader in the physical therapy profession, Dr. Soderberg received virtually every national award. The American Physical Therapy Association (APTA) recognized his leadership in education and research by bestowing its most prestigious awards: Golden Pen Award (1984), Lucy Blair Service Award (1987) Worthingham Fellow Award (1987); Williams Research Award (1988); and the McMillan Lecturer Award (1993). In 1988, Dr. Soderberg received the prestigious Olive Farr Award for his service to physical therapy in the State of Iowa. From 1992-1996 he served as President of the APTA Section on Research. In 2012, Drs. Soderberg and Knutson received the Spirit of Philanthropy Award from the Foundation for Physical Therapy.

This endowed professorship will provide sustained support for our Department's Chair. In addition to being a leader in education and research, the endowed chair will "provide an example of the highest standards of professionalism and citizenship". Dr. Shields was selected to receive the endowed professorship on the recommendation of Carver College of Medicine Dean Dr. Brooks Jackson. His nomination for this prestigious professorship was supported by national research colleagues and former DPT and PhD trainees.

The Carver College of Medicine will host an investiture ceremony in the fall. We invite alumni and friends of our Department to join us and celebrate Dr. Soderberg's legacy at Iowa. Be on the lookout for additional event information soon.
David Gerleman Endows Student Scholarships

Through a generous gift and an estate bequest, retired department engineer David Gerleman has created two endowed scholarships for students in our DPT and PhD programs.

For over 30 years, Dave was a key contributor to our educational and research missions. He provided custom engineering solutions for faculty research projects, greatly enhancing our ability to advance the frontiers of rehabilitation research. Dave taught the Biomedical Instrumentation course in our PhD curriculum, equipping our graduates to use cutting-edge technology in their own independent research careers.

After his retirement in 2008, Dave has remained a close friend of the department. At our December 2018 commencement, he was on hand to present the first scholarship funded by his endowment: the David G. Gerleman Doctor of Physical Therapy Applied Engineering Award. This scholarship will be given annually to a DPT student with a background in engineering who has demonstrated an aptitude for critical analytical thinking.

This endowment will also establish a scholarship for a PhD student in our Department: the David G. Gerleman Applied Engineering Advanced Degree Assistantship. This assistantship will support an incoming PhD student with a background in engineering, a DPT degree, and a career objective to apply the practice of engineering to health science research.

We are grateful to Dave for his many decades of contributions to our department, culminating in this generous endowment gift.

Iowa Education Summit: Solutions for Student Debt

Clinicians, educators, and representatives from state and national professional organizations attended the 5th-annual Iowa PT Education Summit on September 14, 2018. This annual event is designed to trigger discussion on controversial practice and education issues among the physical therapy community.

By reducing educational costs by just $10k (via scholarships, financial aid, work-study, etc) a student with $150k debt can save nearly $88k over 25 years of repayment. ($150k debt reflects national average debt reported by APTA ($124k) plus national average undergraduate debt.)

This year’s Summit topic was the burgeoning debt crisis facing PT students nationwide. Iowa faculty members Richard Shields and Shauna Dudley-Javoroski outlined the scope of the crisis and illustrated that modest educational cost-savings, such as scholarships and financial aid, can yield surprisingly large lifetime repayment savings for graduates. (continued next page…)
Iowa Education Summit (continued):

Stakeholder representatives from Iowa and national groups proposed concrete strategies for cost reduction and debt mitigation that were within their power to enact. Representatives included:

* Mike Horsfield PT, OCS, ATC, MBA, Rock Valley Physical Therapy
* Steven Chesboro PT, DPT, EdD, American Physical Therapy Association (APTA)
* Mark Reinking PT, PhD, SCS, ATC, American Council of Academic Physical Therapy (ACAPT)
* Jason Putz PT, Iowa Physical Therapy Association (IPTA)
* Mike Puthoff PT, PhD, St. Ambrose University
* Bill O'Dell PT, DHS, MBA, OCS, Clarke University
* Kyle Bernard, DPT, Performance Therapies
* Rachel Putney DPT, OCS, CLT, University of Iowa Hospitals and Clinics

Open discussion followed each stakeholder presentation and attendees weighed in on the potential for implementation of the proposed strategies.

The Summit culminated in a breakout session in which groups of attendees developed priority-ranked lists of action items for each stakeholder entity: the APTA, IPTA, ACAPT, PT education programs, employers, and students.

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Carol Leigh Receives IPTA Award

Iowa departmental Administrative Services Manager Carol Leigh received the 2019 Max Shelton Friend of Iowa Physical Therapy Award from the Iowa Physical Therapy Association. This award recognizes individuals or organizations, other than PTs or PTAs, for exceptional service to the physical therapy profession in Iowa. Carol received the award on April 5th on the campus of Des Moines University.

Carol has been a part of Iowa's Department of Physical Therapy and Rehabilitation Science since 1987. She manages all operational aspects of our DPT program, including space utilization, admissions, clinical education contracts, the departmental website, human resources, graduation applications, and outcomes assessment of graduates.

In addition to these critical roles, Carol's compassionate resourcefulness helps our students weather the many challenges of PT education. Our students turn to her for logistical support, clear and timely information, and frequently, for a listening ear. She is an indispensable player in our department's mission to deliver top-quality physical therapy education. Congratulations, Carol, on this well-deserved award!
Dr. Ruth Chimenti Joins Faculty

The Department is pleased to announce that Ruth Chimenti DPT, PhD will join our faculty this May as an Assistant Professor.

Dr. Chimenti received her DPT degree from Washington University in St. Louis in 2009. She completed a PhD in Health Practice Research from the University of Rochester, followed by a postdoctoral fellowship at that institution. Most recently, Dr. Chimenti has been a post-doctoral scholar in our Department's Neurobiology of Pain Laboratory, under the mentorship of Dr. Kathleen Sluka.

Dr. Chimenti's research will focus on improving care for chronic musculoskeletal conditions through the evaluation and treatment of peripheral and central nervous system contributors to pain. She has authored over 24 scientific articles and has received research funding from the APTA, the International Association for the Study of Pain, and the Orthopedic Research and Education Foundation. Her current work is funded by a training grant from the National Institutes of Health.

Dr. Chimenti will contribute to the evidence-based research components of the DPT and PhD curricula. Our Department extends a warm welcome to Dr. Chimenti and we are looking forward to the contributions she will make as a member of our team.

2019 Iowa Education Summit

Physical therapists are experts in the prescription of exercise and are embedded in communities throughout rural Iowa. We believe that our profession can play a critical role in reversing Iowa's dangerous movement toward the top of the nation's obesity statistics. This new priority, however, would require bold leadership and intense commitment by clinicians, educators, and policy-makers.

The 2019 Iowa Education Summit will consider the potential role that physical therapists may play in reversing rural Iowa's obesity epidemic. We have assembled an outstanding roster of presenters including Iowa legislators, rural health physical therapists, and leadership from APTA, IPTA, academic programs, and clinical practice. Attendees and presenters at the Summit will identify the major barriers to exercise-based health initiatives and will offer solutions to move the citizens of Iowa to a healthier "state of well being."

Please join us on Friday, September 20 for the 2019 Iowa Education Summit.

Summit attendees, alumni, and guests are invited to attend the 4th-annual Iowa Physical Therapy Golf Outing and Social. These events will occur on the afternoon of September 20, after conclusion of the Summit.

Proceeds from the Golf Outing support scholarships for Iowa DPT students.

Please contact carol-leigh@uiowa.edu for more information!
Congratulations, Class of 2018!

Commencement exercises for our department’s 75th graduating class took place on December 14, 2018. The keynote speaker was Brooks Jackson, MD, MBA, Vice President for Medical Affairs and Dean of the University of Iowa Roy J. and Lucille A. Carver College of Medicine.

Iowa faculty members Marcie Becker, Amy Kimball, Kelly Sass, Carol Vance and David Williams presented the students with certificates commemorating the completion of their DPT coursework. The students were formally "hooded" later that evening at the Graduate College commencement exercises by Drs. Rich Shields, Kathleen Sluka, Laura Frey Law, Jason Wilken, Darren Casey, and Stacey DeJong.

A number of students received scholarship support for honors and awards earned during their time in the Department:

- **Alumni Scholarships**: Abigail Drexler & Sarah Kemp
- **Frank Hazelton Memorial Scholarships**: Sarah Kemp, Kelsey Klecan & Brenna Wetzel
- **ILEND Traineeships**: Michael Doering & Caitlyn Schug
- **Louis & Dorothy Laubenthal Memorial Scholarship**: Elizabeth Halbur
- **Marilyn M. McCoid Scholarship**: Calista Beyer, Kristen Bolen, Kelly Brofka, Paige Polonus
- **Mary Lou Fairchild Clinical Excellence Award**: Caryn Kadous
- **Norman & Ruth Goldman Scholarships**: Paige Kelly & Megan Struck
- **Rock Valley Physical Therapy Scholarship**: Jordan Smith
- **Tracy Dahl Memorial Scholarships**: Michael Doering, Sonja Gilbertson, Katherine Helmlinger, Ryan Johnson, Caryn Kadous, Paige Kelly, Kaitlyn Kincart, Jordan Smith
- **Byron E. Bork Dedication to Education & Service Scholarship**: Lucas Thompson
- **Judy Biderman Professionalism Award**: Elizabeth Halbur
- **David G. Gerleman Doctor of Physical Therapy Applied Engineering Award**: Nicholas Nielsen
- **Leadership Recognition Awards**: Kristen Bolen, Katelyn Burger, Lauren Cass, John Donovan, Sara Hahn, Jared Hanus, Ryan Johnson, Kelsey Klecan, Austin Kramer, Paige Lassen, Anne Sullivan
- **Citizenship Recognition Awards**: Sulliman Al-Ostaz, Seth Bendixen, Michael Doering, Alexis Ferrer, Allison Garmager, Lily Gasway, Elizabeth Halbur, Aliya Hoskins, Kristopher Krohn, Lauren Maze, Collin Schrader, Caitlyn Schug

Congratulations to all our 2018 graduates, and best of luck in your PT careers!
Faculty Publications for 2018


Benzo RM, Kruse NT, Hughes WE, Casey DP, Carr LJ. Acute Effects of Interrupting Sitting on Discomfort and Alertness of Office Workers. J Occup Environ Med. 2018 Sep;60(9):804-809. PMID: 29608539

Schneider AC, Hughes WE, Ueda K, Bock JM, Casey DP. Reduced blood pressure responsiveness to skeletal muscle metaboreflex activation in older adults following inorganic nitrate supplementation. Nitric Oxide. 2018 Aug 1;78:81-88. PMID: 29864505


Hughes WE, Kruse NT, Casey DP. Age-associated impairments in contraction-induced rapid-onset vasodilatation within the forearm are independent of mechanical factors. Exp Physiol. 2018 May 1;103(5):728-737. PMID: 29528524


Shields RK, Dudley-Javoroski S. Physiotherapy education is a good financial investment, up to a certain level of student debt: an inter-professional economic analysis. J Physiother. 2018 Jul;64(3):183-191. PMID: 29914805


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Faculty Publications for 2018 (continued):


Hsieh KL, Sheehan RC, Wilken JM, Dingwell JB. Healthy individuals are more maneuverable when walking slower while navigating a virtual obstacle course. Gait Posture. 2018 Mar;61:466-472. PMID: 29494819


Research Grant Support

Kathleen Sluka, PT, PhD
Professor
NIH-UM1, $3,447,273 (PI)
FAST: Fibromyalgia Activity Study with TENS
Pfizer, $708,547 (PI)
Development of an Electronic Prescription Bundle of non-Pharmacological Strategies for Chronic Musculoskeletal Pain

Laura Frey Law, PT, PhD
Associate Professor
NIH-R03, $226,500 (PI)
Phenotyping Evoked Central Sensitivity to Painful Stimuli

Darren Casey, PhD
Associate Professor
American Heart Association, $588,049 (PI)
Nitrate Supplementation and Exercise Tolerance in Patients with Type 2 Diabetes
American Heart Association, $14,563 (PI)
Blood Pressure Responsiveness in Older Adults Following Dietary Nitrate Supplementation

Stacey DeJong PT, PhD
Assistant Professor
NIH K-12: Multicenter Career Development Program for Physical and Occupational Therapy, $392,906 (PI)
Comprehensive Opportunities in Rehabilitation Research Training (CORRT): Cortical Mapping with Transcranial Magnetic Stimulation after Stroke
Medical University of South Carolina Pilot Project Grant, $37,500 (PI)
Effects of Operant Up-Conditioning of Motor Evoked Potentials on Corticospinal and Spinal Reflex Excitability in People with Wrist Flexor Hypertonia after Stroke

Richard Shields, PT, PhD
Professor
NIH-R01, $1,574,628 (PI)
Musculoskeletal Plasticity after Spinal Cord Injury
NIH-R01, $1,575,397 (PI)
Long Duration Activity and Metabolic Control after Spinal Cord Injury

Jason Wilken PT, PhD
Associate Professor
Department of Defense, $2,437,788 (PI)
Comparative Effect of Commercially Available Custom Dynamic Orthoses
Department of Defense, $247,777 (PI)
Maximizing Outpatient Rehabilitation Effectiveness (MORE)
Department of Defense, $49,097 (PI)
Improved Training Program for Fall Prevention of Warfighters with Lower Extremity Trauma (RAPID REHAB)

Ruth Chimenti PT, PhD
Assistant Professor
NIH K99-R00, $420,903 (PI)
Mechanism-based Treatment Approach to Chronic Tendinopathy Pain
Please share this newsletter with your classmates and remind alumni to update their contact information with Carol Leigh (carol-leigh@uiowa.edu).