On April 15, first- and second-year PT students partnered together to volunteer at the 52nd annual Athens Ohio Marathon. Together with physical therapists from local business First Settlement Physical Therapy, students set up a tent with treatment tables and administered sports massages as well as stretching for runners after they crossed the finish line.

Current second-year student and half-marathon finisher Polly Stidhem said, "It's such a great collaboration between the PT students and the race organizers. Not only do the runners get a free massage after the race, they also get to see OHIO students supporting a long standing race and the Athens community!"

The 2019 Athens Ohio Marathon will take place on April 14.
Teaching with technology

OHIO PT Assistant Clinical Professor and 2009 alumna Ashley Crow recently led a faculty development seminar to teach fellow professors in the College of Health Sciences and Professions about a virtual reality program she is working on and using in her acute care course.

Currently, Crow has created 43 videotaped scenarios of standardized hospital patients in the new Interprofessional Simulation Suite in Grover. Students can view the scenarios using virtual reality headsets, and can use the scenarios to practice critical thinking and decision-making skills. Virtual reality is "accessible anytime and anywhere" said Crow and "can be used again and again by instructors with a variety of written case information."

Crow said virtual reality is useful in her courses because it “really, truly feels as if you are (in the hospital room).” She is now helping other CHSP professors explore how virtual reality can be implemented in their courses.

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OHIO PT welcomes Class of 2021

At a glance

426 applicants
49 students

Average GPA: 3.8
Average Quantitative GRE Score: 152.8
Average Verbal GRE Score: 152.2
Follow us on social media!

Serving OHIO's ROTC
In fall 2017, the OHIO PT department teamed up with OHIO ROTC to create a weekly physical therapy clinic for cadets. Each Wednesday morning from 6-8 a.m., different PT students and faculty members evaluate and treat ROTC cadets’ injuries. Brooke Vaughan, ’08 OHIO PT graduate and assistant clinical professor, organized the program.

“Students certainly benefit from hands-on experience with tactical athletes — a unique patient population with specific physical demands. By offering this learning opportunity to our students, ROTC also gains access to physical therapy services as well as recommendations for training protocols in order to prevent common overuse injuries,” said Vaughan.

Sgt. Cory Fahnestock of OHIO ROTC said, “The partnership is precisely what we have been working toward for the past two years. Our goals were to reduce incidence of injury, provide rehabilitation for injured cadets, educate cadets on nutrition, fitness, and increase athletic performance and readiness to perform.”

Both parties look forward to the growth of the clinic in the future. Vaughan said, “Future plans are to improve logistical practices as well as develop video exercise resources for ROTC cadets in collaboration with exercise physiology faculty.”
Alumni Spotlight

Recent graduate Andrew Lioi ’17 (pictured above) had the opportunity to participate in a physical therapy service trip to Haiti.

Click here to read his full story.

Alumni Board of Directors
In April, the OHIO PT Alumni Board of Directors had its on-campus meeting. Members participated in a networking activity with students, then spent the afternoon working on goals regarding fundraising, outreach to alumni and professional development.

The Alumni Board of Directors has decided to partner with the annual Quad Rugby event as the PT Day of Service. The goal for Quad Rugby, which is tentatively set for Oct. 13, 2018, is to recruit at least one team (4-6 players) and raise $250 in donations to fund one additional team. This event will coincide with an alumni social event as well as a CEU event, so it’s a great reason to visit OHIO and lend your support!

Contact Matt Crill (matthew.crill@ohiohealth.com) if you are interested in participating or donating to the event. If you are interested in learning more about and potentially joining the Alumni Board of Directors, contact us at pt.alumni@ohio.edu.

**OHIO PT stays flexible**
A major community service outreach project that students have recently started is teaching a free weekly yoga class at the local Shade Community Center. The class began with an hour of chair yoga in the library of the community center. Word spread and the class outgrew the small library space — and the number of chairs.

“Most participants quickly graduated to regular yoga,” said Tammy Foster, scheduling coordinator for Shade Community Center. “We have had participants from age 3 to 80 and all skill levels.”

According to Foster, some participants have reported experiencing greater mobility, improved balance and less pain since starting the class.
This past spring semester, many OHIO PT alumni came back to campus to visit and share their expertise with our students!

Carina Siracusa (’05), who currently works for OhioHealth in Columbus, gave three presentations on wheelchair prescription, fit and documentation. She also brought in guests, including DME suppliers and patients for whom she has fit wheelchairs so students could learn about the process from diagnosis to sitting in a customized chair.

The pediatrics course, taught by ’94 alumna Michele Courtney, included several guest lectures by alumni. Dan Norman (’96) spoke about pediatric sports medicine, and Ricky Pickett (’12) discussed pediatric gait; both currently practice at Akron Children’s Hospital. In addition, Erin (Muck) Iverson (’10) traveled from Nationwide Children’s Hospital in Columbus to introduce the topic of Developmental Coordination Disorder to second-year students taking pediatrics. Finally, Nick Bobinger (’12) visited campus for his annual lecture to the upper quarter orthopedics course on throwing biomechanics and injuries.

We are very grateful to our alumni who traveled to Athens to share their experiences and knowledge with our students!

Stay connected with OHIO Physical Therapy

Update your contact info by using our Connection Form so that we can continue to build a strong alumni community!