Three Generations of PT

Sammie Zishka is a third-year student in the Doctorate of Physical Therapy program at Ohio University. Pictured here (left to right) is Sammie's mother, grandmother, and Sammie. Her grandmother, Jane Schwendemen, earned her PT certification in the 1950s and recently celebrated her 90th birthday. Her mother, Margo Zishka, became a PT in 1984 and is currently still practicing. This makes Sammie a third-generation physical therapist! Sammie is proud to be a part of this lineage of powerful women and she says that she has big shoes to fill. Sammie decided to go into the profession herself after going through the rehabilitation process multiple times as a runner and being fascinated with a PT's ability to build relationships and facilitate long term healing through a whole body perspective. Her mother’s passion for the profession also sparked her interest over the years.

Sammie’s future goals:

“In the future, I want to work at an outpatient clinic, preferably a sports medicine clinic. I would love to work with an active population (runners) since I have personal ties and passion for the sport. Overall, however, whoever my population is, I want to positively
impact their lives and help promote healing and implement long-term solutions. I am very grateful for all the knowledge I have gained so far working in the Gait Lab as well, and definitely plan to include running biomechanics in my PT practice in the future, when applicable."

**Sammie's favorite part of the OHIO PT program:**

"I think the program offers an excellent curriculum; well-rounded, challenging, and clinically applicable. Our faculty always puts the students' learning first and I really feel cared for in this program. Above all, however, my favorite part of being in the PT program is the friendships I have been so lucky to create with my classmates. Never did I think I could get so close with dozens of other people. We have been through all the highs and lows of graduate school together, taught each other class material, and prepared each other to take on this profession in just a little over a year. My class is full of brilliant, kind and innovative individuals. I think it is a testament to our program that such wonderful students were selected to represent the OHIO DPT program for the rest of our careers."

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**CSM 2020 event held in February a success**
This year, CSM 2020 was held in Denver, Colorado, in February. We were very proud and excited to have over 20 alumni in attendance and five students who had platform and poster research presentations on topics ranging from acute care virtual reality simulation to running mechanics!

As always, our alumni reception following the events on Thursday was a hit! We enjoyed the company of alumni, students, and faculty at Henry’s Tavern in Denver and caught up over delicious food and drinks. We look forward to next year’s CSM and hope to see you all at the alumni reception and conference!

Top picture: Class of 2020 DPT students, Samantha Baldwin, Jonny Flower, Audra Burtch, Joe Wisniewski, and Steven Best.

Bottom left: Joe Wisniewski presenting on validity and reliability of wearable Runscribe compared to the Gold Standard for running kinematic analysis.

Bottom right: Austin Foguth presenting on virtual reality and student confidence in the acute care setting.

COVID 19 and virtual classes: A student's perspective
For the first time ever OHIO PT students, like many other students worldwide, began utilizing an online learning environment in the face of the COVID-19 pandemic. In the picture above, first-year PT students thank Gary Chleboun for his tireless efforts to make the most of their online learning experience, like many other faculty. Below students describe, in their own words, some of the challenges and unexpected positives this season has brought the OHIO Physical Therapy program:

"It has been difficult. I never knew how much simply seeing my classmates and faculty eased the stress of school. I feel like we have become more creative and found a way to make something work. We've shown that we are together even though we are physically separated."

"It's also not as easy to group study. But now I have gained some free time to spend with family that I didn't have before. And I'm learning to self motivate and add my own structure to my day."

"...In other words, we're building self-responsibility, adaptability, and organization skills, just to name a few that are going to be very crucial as professionals."

"I love the us vs. situation mentality everyone at OHIO is displaying."

"The faculty's effort has been great; they've been able to continue to make themselves available for questions."

"Unexpected positives: I have become better at figuring out technology and using the new platforms."

"It's definitely been an adjustment learning from home. There are more distractions here..."
than in my apartment in Athens, which is forcing me to learn how to adapt to a new environment and really focus on my schoolwork. I'm enjoying getting to spend a lot more time with my family (who live in the same home as me) during this time as well as using the local parks to get some exercise and to relax in when I need a break from school."

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**Fall alumni board meeting update**

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Didn't have a chance to meet up with us this year? Keep an eye out for upcoming information on alumni gatherings in 2020! Information on future events will be posted and shared on social media. We look forward to seeing you in 2020!

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**Congratulations Class of 2020!**
Congratulations to the OHIO DPT Class of 2020! While we could not celebrate your accomplishments in person, we are incredibly proud of the hard work, dedication, and resilience the Class of 2020 has demonstrated! You all are beyond prepared to excel in the world of Physical Therapy and we are excited to see where your professional journey takes you! Best of luck with all of your future endeavors!

Stay in touch with us through social media and be on the lookout for emails from pt.alumni@ohio.edu for information on how to become involved with our alumni organization!

Follow us on social media!
OHIO PT currently has OHIO PT apparel for sale! We accept cash, check, and Venmo! Contact Gary Chleboun chleboun@ohio.edu for more information!

New faculty member: Neil Evens
The faculty position at Ohio University is honestly my dream position. I have always loved Athens and having an opportunity to be involved in what I believe to be the best PT school in the Midwest was very appealing to me. I appreciate the opportunity to work with collaborators in research and teaching and found that faculty and students were very approachable and really seemed to value my input. While here I will be teaching some basic science courses and clinical courses related to the examination and treatment of orthopedic populations. I hope to bring my clinical and scholarship expertise to the classroom to help students develop into excellent clinicians.

- Received undergraduate degree from Ohio University in Biological Sciences in 1998
- Received entry level Doctor of Physical Therapy degree from Slippery Rock University in 2001
- Began teaching at Shawnee State University in their Physical Therapist Assistant Program in 2005
  - Program coordinator from 2009-2012
- With the opening of the PT program at Marshall University in 2012, was one of the initial faculty that worked to create curriculum, and begin a line of research from 2012 until coming to OU in January 2020
- Currently a Ph.D. candidate in Rehabilitation Sciences at the University of Kentucky
Welcoming some new faces from the class of 2023

Welcome to the new first-year class! Depicted above are photos shared by some of the latest additions to the OHIO PT family. While we could not get a class photo of everyone, OHIO PT faculty and students are excited for what each of these students will bring to the program. No doubt transitioning into graduate school online will come with its challenges, but these students have expressed their excitement to begin the journey into the profession of physical therapy nonetheless!

Giving back

Feel like giving back? To partner with us in continuing to provide quality education to our students, click here and follow the directions to make a donation to the Physical Therapy Program.

Select "the fund I want to support isn't listed above" and enter one of the funds shown below to donate!
Listed below are the OHIO PT scholarship funds you can support:

Cynthia Norkin Scholarship (Service and Leadership)
Joy Boyd Memorial Scholarship (Academic Merit and Professionalism)
Southpaw Enterprises Scholarship (Pediatrics)
Carole J. Marchal Scholarship (Pediatrics)
Po Hickenbottom Scholarship (Pediatrics)
Trotta, Haste, Schulman Scholarship (Faculty Choice)
Leigh Ann Frick Leadership Scholarship (Strong Leadership Skills)
Physical Therapy (Multipurpose)
Botswana Rehabilitation Services (Yearly Student Study Abroad Trip)

Stay connected with OHIO Physical Therapy

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