Remembering Cindy Norkin

Dr. Cindy Norkin, the founding director of the OHIO Physical Therapy Program passed away peacefully in her sleep on Dec. 21. She will be missed by all of us at OHIO who worked with her and by all of the students she taught and mentored. Please send us any anecdotes or memories of Cindy that you would like us to share with Cindy's family. Gary Chleboun will be going to her memorial service this spring and would like to take with him some of your memories of Cindy. (Send to chleboun@ohio.edu). Also, her family has suggested that we honor her life and contributions to physical therapy by donating to the Cynthia C. Norkin Scholarship that recognizes students for leadership and service.
Are you interested in becoming a mentor to a current OHIO PT student?

The OHIO Physical Therapy Alumni Board is seeking alumni who will mentor OHIO PT students approaching graduation or who have recently graduated. Students and alumni mentors will be matched based on location, certifications, and/or practice area through the assistance of the PT program and the OHIO Physical Therapy Alumni Board. As a mentor, you may discuss and facilitate job search and interview techniques, evaluation and treatment skills, continuing education, professional growth, critical conversations and more. There are no financial expectations or obligations.

This survey will allow us to create a database of alumni who are interested in participating in this exciting way to stay connected to the OHIO PT program. We look forward to hearing from you.

Bobcats in Botswana 2018!

The OHIO PT Botswana team!
The Botswana Rehabilitation Services global health experience was once again an extremely valuable learning experience for the students and faculty this past summer. It included an interprofessional group of six PT students, three SLP and three Audiology students. Janice Howman, Janice Wright (SLP), Michele Courtney and Gary Chleboun led the trip.

The faculty and students worked together to provide interdisciplinary screens in Francistown and Gaborone, Botswana, to over 200 adults and children. Something new this year was bringing 13 children with special needs to the Tantebane Game Reserve. The experience helped to break down social barriers for the children, families and the staff at Tantebane as they had never had such an experience before. While providing these services, the students gained valuable, unique and life-changing cultural experiences.
The trip ended at the Madikwe Game Reserve in South Africa. During the first drive they witnessed every member of the Big 5: the lion, leopard, cape buffalo, rhinoceros and elephant. Seeing all five animals in one drive is so rare they received a certificate!

Check out some more photos below!
Dry needling courses on campus
This past fall, OHIO PT offered level I and II dry needling courses on campus. OHIO PT students, licensed physical therapists and athletic trainers participated.

Adam Kimberly ('09 OHIO PT graduate) taught the level I course assisted by Steve Trotta and two other instructors. Kimberly has been working in outpatient sports medicine for Cleveland Clinic since graduation and is now a clinical rehab manager and a mentor for the Cleveland Clinic orthopedic residency program. Kimberly was glad to return to Athens as part of Optimal Dry Needling Solutions (ODNS) to teach the course, which he says "went really well and I was very impressed with the students' level of knowledge and professionalism."

Steve Trotta ('86 OHIO PT graduate) also assisted in the level II course taught by Jackie Doidge from ODNS. In addition to serving as a teaching assistant, Trotta was the contact person and host of the events. He became a certified assistant instructor in 2015.

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Quad Rugby: Battle of the Blitz!

The Ohio University Quad Rugby 12th annual Battle of the Blitz fundraiser took place on Saturday, Oct. 13, 2018. A total of 23 teams signed up to play and the event raised over $6,000 for the Buckeye Blitz which helps to fund their
tournament and equipment costs. Read a first-hand account of the event written by one of our current students by clicking here.

If you missed the event and would still like to donate, click here
Follow us on Social Media!

Class of 1993 25th reunion

Alumni Spotlight: Amy Schlessman '02
Did you know that Nov. 15 was America Recycles Day? Amy Schlessman ('02 OHIO PT) wrote an article titled, "Recycle Bin Boogie: 5 fun, simple activities to celebrate America Recycles Day." She hopes to empower parents, families and teachers with creative ways to have fun through simple activities using common household recyclables.

Some background on Amy Schlessman:

Dr. Amy Schlessman has her BS and MPT from OHIO and DHS from U Indy. Schlessman has been on the faculty at Mount Saint Joseph University and an adjunct professor at Sinclair Community College, Miami University and the University of Cincinnati. Schlessman is currently an assistant professor in the PT program at the University of Findlay while she continues to work as a school-based physical therapist. She has practiced PT for 16 years primarily in the school-based setting, promoting physical activity embedded into academics, interdisciplinary collaboration and the use of technology in therapy while closely working with educators, administrators, therapists and parents.

You may access "Recycle Bin Boogie: 5 fun, simple activities to celebrate America Recycles Day" here.
Leda McDaniel ('19 OHIO PT), was inspired to attend PT school in large part due to her experience with three years of chronic knee pain following a seemingly "routine" ACL reconstruction surgery. Leda hopes to work with patients with various chronic pain conditions and is interested in the intersection between neurologic and orthopedic physical therapy and specifically the changes in the brain following injury, surgery and in chronic pain states.

Leda recently published a book of her personal account of living with and ultimately recovering from chronic pain. She hopes her book will serve as an inspiration for patients who struggle with chronic pain conditions as well as to provide a resource for healthcare professionals to better understand those who have chronic pain.
You can find her book on Amazon in print and as an eBook by clicking here.

You can also find her blog writings and other publications on her blog site here.

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!