



NUPTHMS Ranked Amongst the Top Physical Therapy Programs in the Country!



M Northwestern Medicine
Feinberg School of Medicine

Exciting News! We have once again been rated among the top physical therapy programs in the United States by [U.S. News & World Report](#). Ranked 4th, we are incredibly proud of all that goes into making this program as great as it is.

We are thankful for the incredible support of the students, faculty, staff, and alumni that make the collective success of the program possible. Being one of the top programs in the country is a testament to our dedication, innovation, and commitment to excellence. As our 100th year gets closer, we are excited to celebrate all things NUPTHMS, and see where the next 100 years take us.



Highlights of this issue:

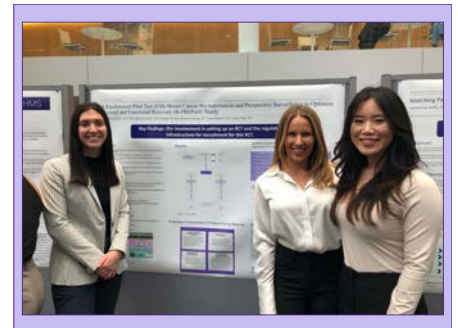
Kaleckas Lecture and Synthesis Day, Student Activities, Graduation

15th Annual Kaleckas Lecture & Synthesis Day



For the 2024 Kaleckas Lecture & Synthesis Day, NUPTHMS welcomed Dr. Richard Souza, PT, PhD as our visiting lecturer. Dr. Souza spoke to our students, faculty and guests on “Advanced Imaging Approaches for Evaluating Patellofemoral Joint Biomechanics”.

Dr. Souza spent his day at the department learning about the DPT program, post-professional work, current research projects, and all the amazing pieces that create NUPTHMS. Dr. Souza is the Vice Chair for Research in the Department of Physical Therapy and Rehabilitation Science at the University of California, San Francisco (UCSF). He is a physical therapist and biomechanics researcher with joint appointments in Radiology and Biomedical Imaging and in Orthopaedic Surgery at UCSF. He teaches courses on Radiology for the Physical Therapist, Gait Evaluation and Observational Running Analysis. He is also Program Director for the PhD program in Rehabilitation Science. Souza researches the relationships between mechanics of movement and lower extremity injuries, combining MR imaging and the evaluation of physical activity and loading behaviors. The goal is to determine the influence of loading mechanics on hip, knee and ankle health and to develop preventative and rehabilitative strategies for debilitating diseases such as osteoarthritis.



To learn more about the Kaleckas Lecture, Dr. Souza, & our 2nd year students' synthesis projects, please [visit our event page](#).



Daniel M. Corcos, PhD

In March, Dr. Corcos, along with his colleagues, Jay L. Alberts, and Kristine Meldrum, hosted a discussion about their best-selling book, **Parkinson's: How to Reduce Symptoms Through Exercise.**

- Learn more about the book [here](#)
- **Can Exercise Slow Parkinson's Disease Progression? with Daniel Corcos, PhD ([podcast episode](#)).**



Garrett Griffith, PhD, MPH, RCEP

In January, Dr. Griffith and his colleagues, included Dr. Corcos and three synthesis students, had their research about exercise in the field of Parkinson's Diseases published. Read more about their work, [Chronotropic Incompetence During Exercise Testing as a Marker of Autonomic Dysfunction in Individuals with Early Parkinson's Disease.](#)



Kristin Krosschell, DPT

In February, Kristin and her colleagues had their work published in the Journal of Clinical Medicine, about how spinal muscular atrophy (SMA) has a remarkable impact on function and participation. Subsequently, the caregivers of individuals with SMA are impacted as well. Read [Use of the Assessment of Caregiver Experience with Neuromuscular Disease \(ACEND\) in Spinal Muscular Atrophy.](#)



Kirsten Moio, PT, PhD

A huge congratulations to Kirsten and her team, Dissect 360, who have been named the 2023-2024 winners of the 'Other Innovations in Translational Learning Technologies' category of the WITAL Prize Challenge. Dissect 360 produces high resolution digital 3D models with game based learning. You can [learn more about the challenge here.](#)



Congratulations to the NUPTHMS Peds SSIG (student special interest group) for the completion of their Winter term GoBabyGo! Thank you for all your hard work in helping provide mobility and sociability for children with special needs. Have questions or interested in donating to a child's future mobility?



Please reach out to gobabygo@northwestern.edu (or [donate here](#)).



- “Being able to build and customize toy cars for various children has been an incredibly rewarding experience. My favorite memories are when a child receives their car, and I get to see their excitement as they discover a whole new way to move around. Plus, I've acquired some new skills along the way, like using power tools!” -**Amanda Lopez '25**
- “One of my favorite things about go baby go is being able to help children and their families have access to accessible mobility devices. I loved being able to interact with the family prior to the build to learn more about their vision for the car. This helps make the process even more meaningful.” -**Kaylee Becker '25**
- “Being a member of GoBabyGo at NUPT has been incredibly rewarding as a student physical therapist that aspires to serve the pediatric population. Communicating with these families about their child's motor needs has opened my eyes to how difficult it can be to find adaptive equipment and toys in-store or online. The specific mobility modifications made to each car makes playtime fun, efficient, and adaptive. Not to mention that the cars are decorated to fit each child's personality! My participation in this club has been nothing short of amazing and I would encourage anybody with an interest in pediatrics to join.” -**Kiley Stephen '25**
- “Being a part of GoBabyGo this year has been such a blessing. GoBabyGo has taught me the importance of adaptive equipment specifically in the pediatric population to help facilitate exploration and engagement in a child's environment. The most rewarding part of this experience is being able to see the smile on the child and their families faces when they come to pick up their car. During each build I got to work alongside some of the pediatric physical therapy faculty as well as an amazing group of physical therapy students.” -**Sara Elderkin '25**
- “I've loved participating in GoBabyGo for the past 2 years! It is amazing to work with other classmates on something out of my comfort zone and seeing the hard work pay off. I especially love watching the child see the car and drive it for the first time after we completed the builds. It's so rewarding to help a child navigate the environment in a fun way, in a stylish car decorated for them.” -**Maya Harkavy '25**



Congratulations!

The Illinois Physical Therapy Association Student Special Interest Group recently held elections for their 2024-2025 leadership positions. We're excited that NUPTHMS will proudly be represented on the board! Congratulations to our DPT students who were elected. Their terms run from June 1, 2024-May 31, 2025.



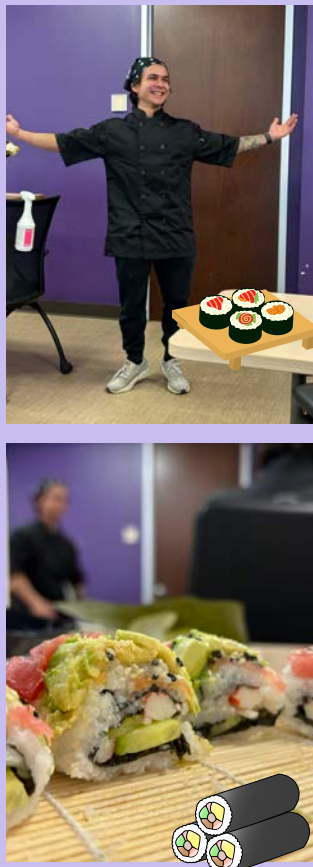
Eleni Papastratakos '25
President



Lizzie Bensussen '25
Vice President



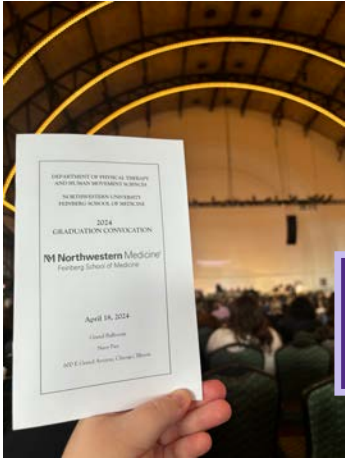
Kelly Xie '26
Special Events Coordinator



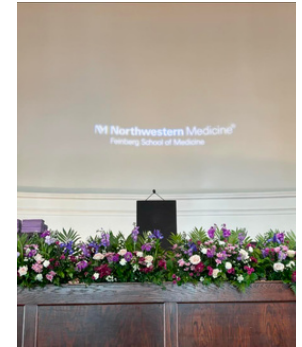
MARQUETTE CHALLENGE



Our students hosted their first ever sushi making class, benefitting the Marquette Challenge. Second year student & former sushi chef, Lance Grunert ('25) led us in a crash course for making various sushi rolls. With everyone's participation, we were able to raise hundreds of dollars! The Marquette Challenge is a grassroots, student-led fundraising effort that supports the mission of the Foundation for Physical Therapy Research (FPTR). To learn more about the Marquette Challenge, [click here](#).



DPT CLASS OF 2024





PRECHTL GENERAL MOVEMENT ASSESSMENT BASIC & ADVANCED COURSES

In April, we welcomed individuals from across the country to participate in 4 day basic & advanced Prectl General Movement Assessment courses. Presented by Colleen Peyton, PT, DPT, PCS, and Alicia Spittle, PT, PhD, these courses consisted of lessons, demonstrations, and discussions of video recordings. Research conducted in the last 20 years has shown the qualitative assessment of spontaneous movement in the fetus, newborn, and young infant is an early and reliable indicator for diagnosis and prognosis of neurological disorders. Compelling evidence is now available that qualitative assessment of General Movements—a specific type of spontaneous movement—under the age of five months is the best predictor of cerebral palsy.

GRAND ROUNDS SEMINARS

The department's two most recent Grand Rounds Seminars featured, Deepika Laddu, PhD, FAHA (above) and Feinberg's School of Medicine Foundations Relations. Deepika's seminar was titled, "Cardiovascular Health and Aging: What's Function Got To Do With It?" and Feinberg's Seminar discussed, Strategic Services to Support Research Career Success. We are appreciative of our speaker's time with NUPTHMS and we look forward to future seminars:

- **May 8 | Garrett Griffith, PhD, MPH- NUPTHMS**
- **May 30 | Massimo Santori, PhD- Professor & Chair of Neuromechanical Engineering, University of Twente**
- **June 12 | DPT Student Choice Speaker Christopher Powers, PT, PhD, FASCM, FAPTA- Professor/Associate Chair, USC Division of Biokinesiology and Physical Therapy**
- **July 17 | PACE Day**
- **Sept. 11 | Cara Lewis, PT, PhD- Program Director, Rehabilitation Sciences & Associate Professor, Physical Therapy, Boston University**

2024-2025 NUPTHMS Alumni Association Board

- Aben Cooper '95
(Interim President)
- George Cachares '81
(Interim Vice President)
- Beth Amoroso '05
- Kathryn Brito '18
- Suzie Coleman '95
- Jon Go '12
- Cathy Irwin '85
- Aleks Kerzee-Stamatelopoulos '10
- Teri Jo Lientz '95
- Margot McCloy '06
- Jean Rogers '71
- Clay Schewe '14
- Suzanne Semanson '06
- Keyra Thurn '18
- Sally Edelsberg
(Honorary Member)

At the end of April, the Board came together for their Annual Spring Meeting during Alumni Weekend. The Board welcomed new members, updated the board rules, started planning for the year and even next Alumni Weekend! The group is excited to bring CE sessions and events to the NUPTHMS Alumni Community this year!

To read the updated rules, [please click here.](#)

If you have ideas for CE sessions & events you want to see, please contact nupthmsalumni@northwestern.edu.



Back (left to right): Teri Jo Lientz, Jean Rogers, George Cachares, Beth Amoroso, Clay Schewe, Aben Cooper, Jon Go

Front (left to right): Kathryn Brito, Margot McCloy, Sally Edelsberg, Suzie Coleman, Cathy Irwin



Congratulations to Meghan Lamothe, PT, DPT, OCS, ATC ('17) for the publication of her work, **Management of Concussion in the Young Athlete**, published in the HHS Journal: The Musculoskeletal Journal of Hospital for Special Surgery.

Read all about Meghan's work below

[Management of Concussion in the Young Athlete.](#)



"My name is Alexis Shoope ('18) and after NUPTHMS I went on to complete an orthopedic residency at Memorial Hermann in Houston, TX. In 2022, I left my corporate job, to pursue my dream of owning my own cash based practice. I started out of a personal training gym as a sublease. On April 2nd, we started working out of a new space under our own lease! We primarily treat the active adult population with orthopedic and pelvic floor issues. We are located in central Houston! It has been such an amazing journey and I can't wait to see what's ahead!"

Way to go Alexis! Learn more about Alexis' practice [PIONE3R Physical Therapy & Wellness.](#)

SHARE YOUR NEWS!

At NUPTHMS, we want to highlight the incredible work of our alumni as you move forward in your careers and personal lives. If you have any news to share, please [submit information here](#) to be considered for our monthly newsletter. You can also contact nupthmsalumni@northwestern.edu.

