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## Physical Therapy Department Newsletter for Winter 2014

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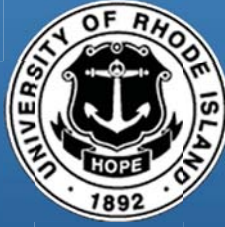
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UNIVERSITY OF RHODE ISLAND

# PHYSICAL THERAPY



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## A New URI DPT Tradition

Welcome to the first edition of a new URI Department of Physical Therapy tradition: our tri-annual newsletter! It is with great pleasure that this newsletter comes to you, and it is our hope that you enjoy this new era of staying connected with the URI DPT department.

The department extends a warm welcome to its most-recent addition, Dr. Jeff Konin, Professor and Chair. Since Dr. Konin's arrival in November, the department is already feeling the positive energy and forward momentum he offers. This newsletter is just one of the many visions he has for revamping and enlivening the department, and we thank him for it. Please visit the newly designed URI Physical Therapy page on URI's website (link below) for a complete bio of Dr. Konin and the faculty and staff.

In addition to the newsletter, URI DPT has joined the social media circuit, and recent happenings of the department can now be tracked on Facebook and Twitter. Be sure to like us on Facebook at [facebook.com/uridpt](https://facebook.com/uridpt) and follow @URI\_DPT on Twitter.

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## Stay Connected



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## Letter from the Chair



Greetings! I am so excited to join the URI DPT family! Over the past few months I have begun to get to know many of you, and I will continue my efforts to meet as many of you as I can. It didn't take me too long to realize that the strengths of this program lie within the faculty, staff, students, university administration, alumni, clinical preceptors, and the many supporters within the community.

Everyone I meet is so proud of this program's rich history and tradition, and I could not be any luckier to be a part of the exciting future here! I am certain that all of the great successes will continue and that we will build upon them to launch many new and exciting initiatives.

During the next year, we will be working diligently to complete our program's self-study in preparation for the upcoming accreditation site visit in September of 2015. As always, our goal will be to receive full re-accreditation for 10 years. Until then, 2014 looks to be a great year!

I invite any of you who want to get involved with the program to contact me. There are so many ways that our students can benefit from your expertise and interests!

Jeff G. Konin, PT, PhD, ATC, FACSM, FNATA  
Professor & Chair

### Alum Spotlight:

## David Pavao, DPT, OCTS, CSCS



Dave Pavao, DPT, OCS, CSCS

Dr. Dave Pavao is a skilled physical therapist who is giving back to the URI community. He not only works full time at Performance Physical Therapy (Smithfield, RI), but he also teaches at URI where he got his start.

Dr. Pavao graduated from the University of Rhode Island with a Bachelor of Science in Exercise Science in 2006, and received a Doctorate in Physical Therapy, complemented with the "Academic Excellence Award," in 2009. He joined the URI physical therapy faculty in 2010 as an adjunct clinical instructor and was awarded the "Outstanding Alumni Award" in 2013.

## Chearino Wins US Boxing Gold

The URI physical therapy department is academic home to one of America's top female boxers. Destiny Chearino (Class of 2016) proved to be the best female boxer in the country in her 141-pound weight class, winning the gold medal in the U.S. Boxing Championships January 26, 2014 in Spokane, WA.

The road to the championship in January was not an easy one; Chearino had to fight four times in one week and go through the number one ranked boxer in her class to get there. But her determination, talent, and hard work paid off.

"She works harder than most of the guys I've trained," says trainer Brian Pennacchia. "She has that fighting spirit. She's not afraid to go after it. A lot of people get intimidated by the moment and don't do their best in the ring because they're almost afraid. She goes after what she wants. She's a natural fighter."

Chearino is in class every day and still manages to train 3-4 hours daily. When asked how she balances her physical therapy classes and boxing, she paints a picture of how the two worlds are closely intertwined. "I spend three hours in the gym, but if I'm early I'll pull out a book, or practice PT stuff on teammates in the



ring when there's down time. They overlap."

While the DPT course load is more than enough to keep many students busy, Chearino welcomes the physical and mental break that boxing provides her. "It's good to have something to focus on besides school. It's nice to have an outlet."

Because this is not an Olympic year for boxing, there are no trials, so Chearino does not know what the next step is. But for now she is continuing to train and focus on her studies. "I just want to take it a day at a time."

## Attention Clinical Instructors

CI-URI PT Social in Providence, RI

Save the Date: Friday, April 11, 2014. Details coming.

“Tradition” continued from page 1

The newsletter is produced by the department’s Graduate Assistants (GAs), a group of selected students who contribute to classes and assist professors with coursework, teaching and grading, and help keep the department clean and running smoothly. Each semester these positions change, so the contributors for the newsletter will have new faces every couple of editions. We look forward to providing a bridge of communication between Independence Square and the community.

It is our intent to share recent and upcoming news and events, as well as feature at least one URI DPT alumni and/or a URI-affiliated clinical site or instructor each edition. We feel it is important to share with the larger URI DPT family the uniqueness that this extraordinary department offers.

Enjoy this first edition, and we look forward to staying connected with you.

With URI pride,

Your Spring 2014 GAs



**Pictured Top:** Matt Heckel, Anna Skaggs, Mark Billard  
**Bottom:** Steve Alden, Katie DeCarlo, Miranda Marsh, Kristen Brown

## PT Alumni News Corner

**John Garlick (2013)** is employed by Pappas Physical Therapy (Johnston, RI) and has completed the Credentialed Clinical Instructor course through the APTA. He is also an orthopedic residency candidate through Evidence In Motion and will sit for the OCS certification upon completion.

**Kenneth Cox (2013)** is finishing up a 4-month contract at a SNF in Wilmington, MA, and recently completed a contract in Oregon state at an outpatient sports clinic. He and his fiancé Amanda will marry next September.

“PT Alumni News Corner” is a place to share any news you have with your fellow alums. This could be related to new jobs, geographical relocations, family additions, achieved credentials or promotions, etc. We hope you take advantage of this great way to stay connected! Please email your news to secretary Jane Schmitz with “Alumni News” in the subject line at [jane@uri.edu](mailto:jane@uri.edu), and she will pass along the information to the editors.

“Spotlight” continued from page 2

## Alum Spotlight: Reflections and Insight from Dr. Dave Pavao

### *What is one of your fondest memories of URI?*

“Back then I’d probably say my trip to Guatemala. Part of the graduate school curriculum is to visit and observe physical therapy in a setting for 2 weeks that we wouldn’t normally get to see.” (The program is called Broadening Experience.) “It was interesting to see how the health care system works and how much culture affects that delivery. However, if you asked me today, I would say meeting my future colleagues (classmates) and staying in touch with my professors following graduation.”

### *What made you decide on physical therapy as a career?*

“Probably the push from my future wife. I started off as undecided and then thought I would do physical education. But she saw that I was doing well in my Anatomy and Physiology classes and suggested I look into PT.”

### *What’s the best advice you have been given?*

“Saying yes to every opportunity, professional or personal. I think we always regret the things we don’t do. I’d also say surrounding yourself with people that are smarter than you. They force you to grow and give you something to shoot for.”

### *What advice would you give to current students?*

It’s important to choose your first job wisely. Be patient in choosing a good job, not just the first offer that comes along. You can learn a lot from your new colleagues and it can influence your career in the future.

Dr. Pavao works at Performance Physical Therapy in Smithfield, RI, where he was the 2012 employee of the year. He was recently made Partner, and Director of Clinical Operations. He continues to treat patients specializing in musculoskeletal and neurological conditions, and is a member of the American Physical Therapy Association (APTA), the American Academy of Orthopedic Manual Physical Therapists (AAOMPT), and the National Strength and Conditioning Association (NSCA). In 2013 he received the “Outstanding Alumni Award” from the URI Physical Therapy Department. Dr. Pavao and his wife are expecting their first child this summer.

# Student Leadership Update

## In the Swing of Things

Everyone knows that children love to play! And making play accessible for children with amputations in the form of golf was exactly what three DPT students successfully accomplished for their leadership project last fall.

Paula Kleniewski, Kayla Whiting, and Jillian Rebello created a fun and supportive environment for children with amputations to play golf and receive lessons from golf pros. The project was a one-day golf clinic for children with amputations at Buttonhole Golf Course in Providence, RI. Buttonhole is a charitable golf course that is the only handicap accessible golf course in the country. Golf pros, Bob Beach and Dan Gaughan, donated their time to teach Braylon (4) and Charlie (6) some basic golf skills.

After a fundraising campaign, Paula, Kayla, and Jill raised \$2,000 in support of this event and donated all proceeds back to Buttonhole Golf Course. The event proved to be extremely rewarding for the volunteer DPT students, the golf professionals, and most importantly, the kids.

For more information about the event, or to contribute to next year's efforts, contact Shannon McConnell at [mconnell\\_shannon@yahoo.com](mailto:mconnell_shannon@yahoo.com).



**Pictured left to right:** Jillian Rebello, Paula Kleniewski, Braylon, Kayla Whiting, & Charlie

## Running for ALS

The Mews 5k race is an annual fundraising event that the department has participated in for over



five years. This year, second year students Kevin Alexander, Deryl Pace, and Steve Pirri, raised approximately \$1,400 and donated all proceeds to the ALS Family Charitable Foundation for their leadership project. Twenty people represented the Physical Therapy department in running the race, while another handful were volunteers for the event. Participants from the program migrated to Dr. Audette's house after the race for homemade chili and light conversation.

# RI First Lady Chafee Visits Physical Therapy Department

On December 9<sup>th</sup>, 2013, URI's Physical Therapy Department received a visit from First Lady Stephanie Chafee. Lady Chafee is a Rhode Island native and earned her Honorary Doctorate of Humane Letters from URI so she has always been a strong supporter of the University. During this visit she focused on learning more about the URI DPT program by taking a tour of the facilities and spending time with the students and faculty. After meeting faculty and touring the department, Lady Chafee was able to interact with students and hear insights about their studies.

*“ Mrs. Chafee was very impressed with our program, and she encouraged our students to keep up the great work. They are making a difference in Rhode Island. ”*

*– Dr. Konin*

Her interest was personal, as she knows what it takes to become a health care provider. Lady Chafee had a career as a registered nurse prior to her current appointment. She shared with the students her own journey in health care working with patients with HIV/AIDS, and the uninsured and other at-risk populations. Mrs. Chafee also gave a rousing speech to the students advising to pursue what you love in life; find a passion.

Lady Chafee expressed her enthusiasm about the program's role in the future of health care services in Rhode Island and applauded the students for choosing a career path that can positively impact the lives of others. URI Physical Therapy was proud to host such an advocate for health and honorable guest.



**Pictured Top:** Lady Chafee spends time with first year students in class.

**Pictured Bottom:** Second year student Casey Hill discusses course content with Lady Chafee.



# Broadening Experiences

## Students Venture Near and Far For Unique PT Opportunities

Think Big. We do. That is the slogan for the university, and the department of physical therapy is following suit by thinking outside of the box. Broadening Experience (BE) is a two-credit course offered during the second year, and its purpose is to expose students to physical therapy in an atypical setting they otherwise would not be exposed to in the classroom or during regular clinical observation hours. Students are active participants in their learning, responsible for choosing what type of physical therapy setting they observe and where they go for the two-week internship. Student interests range from staying local to traveling the far reaches of the globe and everywhere in between.

Broadening Experience was initiated by Dr. Jenny Audette and started as a group trip traveling to the highlands of Guatemala each year. While that annual trip still occurs, BE has expanded to a variety of settings and countries. Below is what some second-year students have already experienced this year, with many more adventures planned during spring break mid-March.

Broadening Experience is truly something that sets URI PT apart from other DPT programs and it leaves its students with memories for a lifetime.

### Hasboro Children's Hospital

Danielle Lovette spent two weeks in January observing inpatient and outpatient physical therapy at the Hasboro Children's Hospital in Providence, RI. She also spent time at The Tomorrow Fund, the children's oncology unit in the hospital, and shadowed a child life specialist.

Danielle was able to visit all areas of the hospital pertaining to pediatrics, and her involvement included playing with children, keeping them occupied while they were administered medication, and visiting children in the wards to ensure they had everything they needed. When asked what was most valuable about the experience, Danielle said, "Realizing how simple it is to brighten a child's day by just exchanging a smile or spending time with them."



### Donley Rehabilitation Center

Adam Pinegar experienced the world of labor and workers compensation for his Broadening Experience at the Donley Rehabilitation Center in Providence, RI. Adam was able to work with seasoned PTs that were accustomed to viewing a clinical picture that is very abstract and unclear, and discovered one of the most valuable skills a PT can have is not learned in a book: "I learned that patient observation is the most valuable tool in your belt. What the patient does can be far more telling than what they say."

"Broadening" continued on page 9

## University of Toronto

Second-year PT students Kevin Alexander, Mark Billard, Matt Heckel and Steve Pirri participated in almost 2 weeks of physical therapy education, hospital and clinic site visits, and new research in Toronto, Canada. “Canada is doing a lot in physical therapy! It was impressive to see how much they are pioneering,” said Mark.

The University of Toronto prepared a jam packed experience with visits to: 4 area hospitals, TSMS (the largest sports medicine clinic in Canada), University of Toronto 2<sup>nd</sup> year PT classes, the Centre for Interprofessional Education, and cutting edge research at the iDAPT Centre for Rehabilitation Research. They even stopped at Niagara Falls on the way back. In addition, the four spent time with U of T PT students, toured famous Canadian sites (like the CN Tower), and ate lots of great food!

“Canada has universal healthcare. It was interesting to see how PT fits into that model,” said Steve. “Also, delivery of physical therapy is very similar to the U.S., so it was easy to see where our systems are different.” Kevin added, “Canada is big on research. The iDAPT facility is the only one of its kind in the world.” Overall, the four raved about their experiences and came back with a lot of new insight.



**Above front:** Steve, Kevin, Mark, & Matt pose with students from the University of Toronto

## Arusha, Tanzania

Tanzania was on Anna Skaggs’ mind since fall of her first year. “Something was drawing me to Tanzania, so I had to go.” Over winter break, Anna spent two weeks volunteering in an outpatient clinic in a government-funded hospital in the northern city of Arusha. She worked along side a physiotherapist and treated patients with a variety of diagnoses, ranging from contractures to post-CVA. “It was a challenge to work with patients when we spoke different languages or when equipment was needed but not available, but problem solving in those situations is part of what makes traveling internationally so fun.” For her third week in Tanzania, Anna traveled to a remote Maasai village to observe in the local village health clinic and experience village life. “One day at the health clinic I took the blood pressure of about 75 pregnant women. They were there for their monthly prenatal



check-up. It was nice to be able to help since there is only one doctor and one nurse in the clinic, which serves multiple villages in the area. They’re very busy.” Anna took advantage of what the region has to offer. She enjoyed a multiple day safari and waterfall hikes in her free time.

**Pictured above:** Anna and a Maasai woman become friends in the village health clinic.

“Broadening” continued on page 10

# News by Classes

## Class of 2014

Dotted all around the country, the class of 2014 is just a few months away from finishing their final clinical rotation! Overall, the clinical rotations have been smooth and a tremendous learning experience. Now '14 is looking forward to finishing up strong. We are looking forward to having them all back on campus for a week in May before enjoying the ever-anticipated graduation.

## Class of 2015

"Clinicals" is the buzzword for the Class of 2015. With formal course work coming to a close, sights are now set for the next phase of learning in the in- and out-patient settings. Placements are being established and the students are eagerly anticipating this next step. In the mean time, '15 is enjoying working with patients in their Neuromuscular Therapeutics course and are tying up loose ends from ongoing leadership and research projects from the past two years.

## Class of 2016

The class of 2016 is well into the curriculum at this point and has adapted nicely to the life of a DPT student. They are a close-knit group that enjoys spending time together when they can, like having a class Thanksgiving Day dinner last November and a Christmas party to celebrate the end of last semester. Class of '16 is treating patients for the first time as part of their Orthopedics I course, which brings about both the nervousness and excitement that treating a patient for the first time does. Keep up the great work, 2016!

"Broadening" continued from page 9

## Yorkshire, England

Leanne Wilson enjoyed learning about the education process of becoming a physiotherapist during her time in Bradford, Yorkshire. Leanne spent three days at the University of Bradford touring facilities and learning similarities and differences between our educational systems. She spent the remainder of her time at a private outpatient clinic, Whitehall Physiotherapy, where she was able to treat two patients under a physiotherapist's supervision and learned about Dynamic Neuromuscular Stabilization, a Czechoslovakian rehabilitation technique. Her favorite part was learning how minimal the documentation requirements are in the UK as compared to healthcare reimbursement requirements in the US. While in Europe, Leanne found her way to the Eiffel Tower for some splendid sightseeing.



**Above:** Class of 2016 posed as "gangrene" last Halloween.

## URI-Affiliate Clinic Spotlight

Located near the heart of charming Wickford is Physical Therapy Services of Rhode Island. Founded in 1989 by owner Michael Noonan, he and his wife Donna, an occupational therapist, began playing the roles of therapist, secretary, accountant, handyman, laundry service and busy parents of three preschool-aged daughters. They would spend the next six years building their clinic and clientele. In 1995 they opened a second office in Wakefield and have been faithfully serving both North and South Kingstown for over twenty years.



Michael (left), Donna (right), & their three daughters

The philosophy of Michael's clinic is simple: to provide the highest level of holistic, hands-on therapy to help patients achieve optimal health and wellness. The staff at PTSRI primarily uses manual orthopedic techniques, exercise, and postural adjustments to improve functionality. There are no PTAs or aids, and each patient gets undivided time and attention with Michael or another therapist. The URI Physical Therapy Department would like to thank Michael and his colleagues at PTSRI for their continued collaboration and ongoing commitment to the enhancement of students' learning.

FEBRUARY 3-6, 2014 • LAS VEGAS

**CSM**



COMBINED SECTIONS MEETING OF THE  
AMERICAN PHYSICAL THERAPY ASSOCIATION

## URI DPT Faculty Present Research at CSM in Las Vegas

The URI PT faculty recently contributed their work at the APTA's Combined Sections Meeting held in Las Vegas. **Dr. Jennifer Audette**, along with two colleagues – Lana Svien, from the University of South Dakota, and Cathy Peterson from the University of the Pacific – presented a 2-hour workshop, "I'm Taking Students Abroad! What's the Worst That Could Happen?" They discussed how to plan, prepare, and organize international travel with PT students in ways that reduce the risk of things going wrong. Dr. Audette is one of the profession's recognized leaders in the area of International physical therapy experiences.

**Dr. Pete Blanpied** led a group of International collaborators in an effort on revising the "Neck Pain Clinical Practice Guidelines" published in the Journal of Orthopaedic and Sports Physical Therapy. **Professors Janice Hulme** and **Samantha Brown** presented a poster titled, "Building Collaborative Environments in Geriatrics Curriculum: An Inter-professional Educational Model". The goals of inter-professional, community, and patient partnerships are to provide opportunities for students to improve hands-on and clinical reasoning skills, foster professional behaviors, and strengthen effective communication strategies with patients and the healthcare team.

## Upcoming Events

**March 10-21**

### Spring Break Broadening Experiences

Florida      Ireland      Massachusetts  
Guatemala   Virginia   Rhode Island

**April 8-9**

### Distinguished Visiting International Scholar Dr. Emma Stokes

- RI APTA Evening Lecture (April 8)
  - Swan Hall, Doody Auditorium- Kingston campus
  - Tuesday, April 8; 6:00 p.m.
- Public Lecture (April 9)
  - Edward's Auditorium- Kingston
  - Wednesday, April 9; 7:00 p.m.

Contact [jaudette@mail.uri.edu](mailto:jaudette@mail.uri.edu) for more info.

**April 11**

### Clinical Instructor-URI PT Social

- Location and Time: TBD
- Look for details on URI's website and via email as date nears

**May 17**

### Class of 2014 Graduation

- Location: Thomas M. Ryan Center, Kingston Campus
- Date: May 17, 2014
- Time: 1:00 p.m.

Visit <http://www.uri.edu/commencement/> for updated commencement information.



### Dr. Emma Stokes, PT

Dr. Stokes is vice president for the World Confederation of Physical Therapy. She is also Associate Professor in physiotherapy at Trinity College, Dublin. She has authored numerous publications and was previously a representative of the Irish Society of Chartered Physiotherapists.

# mission



**URI  
PHYSICAL  
THERAPY**

The Physical Therapy faculty is dedicated to graduating doctors of physical therapy competent in providing physical therapy to a variety of patient/client populations in Rhode Island and nationwide; who value the need for and use of evidence in practice; who are committed to professional development through life-long learning; and are active contributors to their professional and social communities. The faculty aspires to advance the theory and practice of physical therapy and provide service to the University, State, and Nation, through works that promote the profession, interacting communities and related disciplines.

The program is highly selective and seeks candidates who exhibit a combination of success in the sciences, a broad understanding of physical therapy practice, dedication to their community, and potential for success in the Program. The curriculum is designed to challenge students toward excellence in clinical practice, professional behavior, and service.