

# A Healing Mission

Magazine of the Department of Physical Therapy at Southwest Baptist University

A PREMIER CHRISTIAN PHYSICAL THERAPY PROGRAM

## a new horizon for service

SBU Dedicates Judy Taylor Garden and Faculty Practice

Physical Therapy on the  
Waters of the Amazon

Serving the Orphans  
in East Asia

# About the Department of Physical Therapy at Southwest Baptist University

First accredited as a bachelor's program in 1993, the department of physical therapy is dedicated to providing society with physical therapists who engage in the art and science of physical therapy with a Christian worldview. Situated in its own 40,000-square-foot facility near the main campus of SBU in the Warren B. Davis Family Physical Therapy Center in Bolivar, Missouri, the department of physical therapy has become a premier Christian, entry-level doctorate program with a healing mission, training clinician generalists who are prepared to provide physical therapy services for a diverse population in an evolving society and health care environment. With opportunities to learn and serve, students participate in a dynamic 33-month program, learning from leading and diversely specialized professors before venturing into an in-depth clinical rotation across the country. Through its Global Health Outreach, the program provides medical care for communities across the world with short-term mission opportunities for students, professors and PT professionals.



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Dear SBU Physical Therapy Community,

What a blessing the profession of physical therapy is to our alumni and those served by our alumni within the community. Last year, in “A Healing Mission,” I spoke of the transformation of the Southwest Baptist University Doctor of Physical Therapy curriculum to include the integrated clinical experience. That process is well under way, and we are seeing the newest doctoral students go out in the health care community and learn from many differing professionals. We have students in directed observations not only with contemporary physical therapists, but occupational therapists, primary care physicians, pharmacists, nursing centers of care, nutritionists and radiologists. Our goal is to help encourage the Christian physical therapist of the future to become an integral member of the health care team.

The centerpiece of the integrated experiences is the SBU DPT Faculty and Student Practice that is now open within the Warren B. Davis Family Physical Therapy center. This unique curricular element creates a hands-on, supervised learning environment to train future generations of physical therapy students. As is with our well-established, national leading effort in global health outreach and ministries, our local outreach efforts will empower students to integrate their newly learned practice skills along with their Christian faith. The primary service goal is to reach out to those in need who are both uninsured and underinsured as well as take full advantage of the unique elements of the Missouri physical therapy direct access practice act focusing on healthy populations.

If you are interested in becoming involved with our Faculty and Student Practice, please don't hesitate to contact me and we can talk about options. The facilities will be utilized to teach, train and lead. We value the potential that our alumni can provide to this endeavor. I want to encourage and empower each of you to serve the profession, society, and the good Lord. It is my hope and prayer that we are devoted to be the premier Christian physical therapy program and to be faithful servant leaders.

***“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.”*** —Colossians 3:23-24



Together with you in His service,

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A handwritten signature in black ink that reads "Steven G. Lesh". The signature is written in a cursive, flowing style.

## SBU Global Health Outreach partners with dental care nonprofit

Southwest Baptist University's Global Health Outreach has partnered with the nonprofit 2thFairy, which provides dental care products to populations where they are unavailable. Through the partnership, SBU's Doctor of Physical Therapy program distributed 400 dental hygiene kits during recent service learning trips to El Salvador and Haiti.

The organization, which has distributed more than 2,500 dental hygiene packets across the globe since its inception, was founded in 2011 by siblings Hannah and Zach Robin, and grew out of Hannah's personal interest in dentistry. A junior public health major at



Santa Clara University, considering a future in dentistry or non-profit work, Hannah developed a vision for meeting health needs and providing education in underserved communities overseas while serving with Global Medical Brigade in Panama. Zach, a high

school senior with interests in public health sector, computer science and psychology, helps manage the 2thFairy website.

With the support of family and their community, they first distributed kits—each containing dental hygiene necessities and proper instructions—in a South Dakota Native American reservation and have since expanded to locations in central Africa, Peru and Nepal. SBU alumni Vladimir Jean-Pierre '15 and Dan Heller '15 helped open up the possibility for the duo to expand to other locations by translating the instructions into other languages, including French Creole and Portuguese.

The Robins are refining their vision and researching the project's long-term impact and how to better integrate native products and education into their model. For more information about the organization, visit [2thfairy.org](http://2thfairy.org).



## David Graston presents on SASTM at SBU

During the summer of 2016, the Southwest Baptist University Doctor of Physical Therapy program hosted David Graston of Sound Assisted Soft Tissue Mobilization (SASTM).

The event, open to regional physical therapists and physical therapy students, gave advanced education based on SASTM tools and techniques. Graston is a pioneer in the mobilization arena and tissue inflammation, especially dealing with athletes with tissue-related injuries.

Stay tuned for other CEU opportunities offered through SBU DPT.



## Welcome New Faculty

SBU DPT welcomed Dr. Kevin Jones in fall 2015 as associate professor of physical therapy. Jones is an Orthopaedics board-certified specialist. He earned a bachelor

of science in physical education and biology from Central Missouri State in 1981, a bachelor of science in physical therapy from the University of Missouri in 1986, and a transitional doctorate from Regis University in 2009.

Since 1986, Jones has worked in various settings throughout southwest Missouri including St. John's HealthSouth, Progressive Health Rehabilitation, and with the U.S. Army as a civilian contractor. Most recently, he worked with the Veterans Administration as a clinic manager.

He is active in his church, Heritage Baptist, and has served overseas, including in Mongolia once, Brazil twice and China three times. "Kevin has a tremendous servant's heart, as he has been an integral member of developing and leading international mission trips to serve those in need," said Dr. Steven Lesh, chair of SBU DPT.

In addition to guiding and teaching students and working in the clinical education department, Jones will help equip clinical faculty through the APTA Credentialed Clinical Instructor Program.



# A NEW HORIZON for SERVICE

## SBU DEDICATES JUDY TAYLOR GARDEN AND FACULTY PRACTICE

BY DENISE TUCKER

Southwest Baptist University held a dedication and ribbon cutting ceremony for the Judy Taylor Physical Therapy Garden and the Warren B. Davis Family Physical Therapy Center Faculty Practice on Oct. 6 at the facility at 2103 S. Springfield Ave., Bolivar.

The 2,700-square-foot Faculty Practice will be a student-learning lab that utilizes select patients from the surrounding community, incorporates high-level care for patients and provides invaluable learning experiences for students.

The Faculty Practice will serve two purposes for patients in the Bolivar area, said SBU President C. Pat Taylor, Ed.D., “to help people improve their health and to be a teaching facility.”

Other departments, including SBU’s social work program, will be working with patients to provide holistic care. Innovative equipment, such as the Enliten LLC Open Area Support System (OASUS), will help patients receive proper care in the practice. The open-spaced clinic includes two treatment rooms, a sports performance area and consultation rooms.

Dr. Steve Lesh, chair and professor of physical therapy, approached Dr. Taylor with the idea of developing a physical therapy rehabilitation garden to honor SBU’s late first lady Judy Taylor. Funds were raised, “and today, here we are,” Dr. Taylor said. “I guarantee you Judy Taylor would love this.”

The garden was built to assist patients with gait difficulties by incorporating a variety of terrains, ramps and walking paths. The garden is located in front of the Davis Family Physical Therapy Center.

Valerie Waddell, a second-year doctor of physical therapy student and SBU Ambassador, helped care for Judy Taylor, who battled a rare neurological disease, for a few months during 2014. Waddell described her time with Judy as “inspiring and invaluable.”

“She was the most gracious person that I could have asked for,” Waddell said, “to be someone that I was able to care for. She inspired me to become what I want to become. She was a key part in me pursuing my future career as a physical therapist. She inspires me to work hard for what I want and

to pour out myself for what I believe in. I could just imagine that she would be out here every week weeding the garden and making it more beautiful because that’s what she loved to do.”

Lesh, whose vision was sparked by Judy Taylor’s dedication to the beautification of the SBU campus, described his impressions of Judy’s “culture of beautification.”

“The amazing thing about it is that she just wouldn’t talk about it, she would get down in the dirt and make it happen,” Lesh said. “I loved the dedication, I loved the passion, I loved the energy. I loved the fact that she would both lead and serve, by getting down on her knees and pulling weeds.”

The garden will also be certified as a monarch butterfly way station.

“The butterfly way station is a fitting way to honor Judy for several reasons,” said Dr. Brad Johnson, vice president for university relations. “Number 1, like the monarch, she was a wonderful spirit – beautiful, both inside and out. And like the monarch, she invested sacrificially to make a better path for those who would follow her. Without question, Judy has left a lasting legacy and lives have been forever changed because of her influence.

“And finally, the butterfly is a symbol for Christian life. Judy knew that death here on earth was indeed not the end. For those of us who know Christ as our Savior will pass from this shell – a chrysalis – into something even more beautiful in eternity.”

Dr. Taylor said that Judy loved beauty that served a function.

“Judy believed that everything should have a function,” Taylor said, “and this garden is beautiful, but it does have a function. And I’m very pleased that the very first patient that went through a rehab assignment here was her good friend, Ronda Credille. Most of you know Ronda and the injury she suffered and how valiantly she has fought through that. And I know Judy was smiling when she saw Ronda here.

“Judy would be thrilled with this and she would want it to help people.” ■

# Integrated and Interdisciplinary Clinical Experiences Expand into New Faculty Practice

The Southwest Baptist University Doctor of Physical Therapy program has an exciting new endeavor for students. Incoming DPT students began Integrated and Interdisciplinary Clinical Experiences (ICE), in the fall of 2016.

These directed observations help students understand the scope of what physical therapy can offer within the healthcare world along with a holistic understanding of patient care. Students will have experiences with nurses, social workers, physicians, other community health members and physical therapists in acute care settings in eight, four-week blocks through the didactic section of the curriculum.

Bill Marr, clinic manager and Integrated and Interdisciplinary Clinical Experiences coordinator, sees two major impacts.

“In the long run, these DPT students could not only improve the healthcare outcome for the patient, but could also improve the efficiency of the healthcare system – excellent care provided cost effectively. A secondary effect of students observing in the healthcare community is that they may inform other healthcare specialties about physical therapy services and how patients may benefit from physical therapy in ways previously unanticipated by the other specialty provider.”

Students on these rotations have already mentioned how valuable it is to see how the patient progresses through the healthcare system and get a better grasp on how they, as physical therapists, can better understand and work with their patients.

The flagship piece to this experience is the newly opened faculty practice. Located within the Warren B. Davis Family Physical Therapy Center, the 2,700-square foot facility will allow students to come alongside facility members to experience an in-depth, hands-on patient treatment process.

“The improved preparation [for students] – from the clinic experiences through ICE – will benefit the students in the form of comfort with communication to patients and other professionals, interaction with patients and in various settings, greater confidence in specific skill sets, confidence in exercise prescription, more advanced clinical reasoning abilities and experience with an electronic medical record system as well as some pieces of advanced equipment,” said Dr. Tom Sneed, professor of physical therapy.

The beautiful new space features two treatment rooms and two consultation rooms. A synthetic turf area, SPX equipment and a full suspension ENLITEN Open Area Support System highlight some of the new equipment being utilized for patient care. Patients from the community will receive care from the social work students as well in a holistic approach to healthcare. SBU will be able to provide students with invaluable experiences with a wide range of patients across the lifespan and different areas.

“I believe strongly that our clinic should be a role model in the futuristic practice of physical therapy,” said Dr. Steve Lesh, professor and chair of physical therapy. “In a major sense, it will not be what physical therapy currently ‘is,’ but rather what physical therapy could ‘be’ in the future. The SBU DPT Faculty/Student practice will maximize the direct access utilization to a physical therapist that is permitted under Missouri law and greatly expand on the concepts of prevention of disease and dysfunction-related complications, overall health and the promotion of wellness.”

As SBU DPT leads as a premier Christian physical therapy program, these experiences will help shape students into elite clinicians and transform the physical therapy world.



Daughters and grandsons of President C. Pat Taylor cut the ribbon at the Judy Taylor Memorial Garden Grand Opening



Consultation Room inside the new Faculty Practice



SBU PT Faculty at the Grand Opening



# Q&A with Bill Marr and Dr. Tom Sneed

## BILL MARR

As clinic manager, what are you hoping to provide through the clinic for faculty, students and the community?

The primary purpose for the Faculty Practice Clinic is to be a learning opportunity for the DPT students to get contact with patients early in their educational process and applying what they have learned in class.

For the community, clients and patients, the goal is to provide physical therapy services to individuals who lack funding for physical therapy or the services are not a benefit of their funding source. This could include wellness-type services to improve the quality of life and encourage healthy aging.

For faculty, the clinic gives an opportunity to assess the practical application of the conceptual learning in the classroom. This could identify areas where students are not translating their conceptual learning into practical application. Conversely, this could demonstrate where students are applying conceptual learning and communicating with patients better than expected.

What do you see as the biggest benefit for students through the clinic and ICE?

Applying conceptual learning to practical experience for reinforcement or exposure to clients/patients early to facilitate communication skills. Applying what they have learned in class to practical application could include communication skills. However, applying techniques and methods learned in class to actual patient situations is also very important.

## DR. TOM SNEED

As one of the faculty who sees patients at the clinic, what are you hoping to provide for students and the community?

Clinic experiences will help to improve physical therapist students' preparation for their clinical education in the final year of PT school. The community will benefit from this by having a facility that will meet needs of some people who are underserved by current healthcare payer systems.

I, personally, hope this faculty practice clinic will be a win-win-win-win situation. Students win for the learning and experiences they will have; patients win for the care they receive; faculty win for the opportunity they have to practice their professional expertise; and SBU wins for the support to and from the community.

Beyond meeting CAPTE requirements, what are three things you hope students will learn through their experience in the clinic?

1. Competence (being able to perform skills well)
2. Confidence (understanding they really do know something that can help patients)
3. Compassion/passion (compassion for their patients and fellow man, passion for the work and profession)

As students and patients begin to utilize the clinic, the hope of the program is that the profession is advanced through these experiences as students glean insight and skills to make them valuable clinical practitioners.

## Marr hired as clinic manager

The Southwest Baptist University Doctor of Physical Therapy program welcomes Bill Marr as the new clinic manager for the Faculty Practice.

Marr brings in-depth experience to the management and operation side of healthcare. Marr earned his bachelor's degree in business administration in 1989 from St. Edward's University and his master of business administration in 1999 from Webster University. He has held positions as manager of the Department of Surgery at the University of Missouri, clinic administrator at Bolivar Family Care Center from 2003-2013, and most recently as a healthcare administration consultant for the Missouri area.

In his new role, Marr will not only manage the faculty practice but also provide educational opportunities for DPT students to gain valuable insight and knowledge into the administrative side of working in a clinic. He and his wife, Penny, who also works for SBU, currently live in Bolivar.

*SBU DPT would like to thank all donors who gave to the faculty practice and the Judy Taylor Physical Therapy Garden.*



# SBU DPT alumni help create International Service Learning manual

BY AARON WEAVER



April Fajardo '15

Brittney Townsend '16

**Brittney Townsend '16** and **April Fajardo '15** have teamed up with six other students within the physical therapy world to procure and author the “International Service Manual: A guide for students considering international service trips.” The service manual will help programs and groups start service learning trips. Members of the International Service Learning (ISL) Subcommittee, of the Global Health Project Committee under the Student Assembly Board of Directors, compiled strategies, experiences and resources to help students and programs interested in starting ISL trips.

The manual covers topics including financing, preparation, and sustainability. Dr. Beverly McNeal, DPT, GCS, and Global Health Coordinator was also a contributor for the manual. While many people go on international trips for cultural experience, the group wanted to put together a document that can help mobilize those who want to go beyond and use the knowledge and skill sets acquired to serve underserved communities. In the last 12 months, SBU DPT has travelled to Haiti, El Salvador, Peru, Brazil and East Asia to provide short-term physical therapy service and long-term solutions through education and mobilization in local areas. Brittany and April share about their experience working with other students on

this project and the impact of their contribution not just on a student level but also a national level.

## What was the experience like working with students across the country on this document?

**Brittney:** It was a great experience. We coordinated our responsibilities for the document ahead of time, so completing the project went along smoothly.

**April:** Collaborating with students from all over the country was an enriching experience. Each member had vastly different experiences varying from working in the Peace Corps to serving on a few international service learning trips. However, we all shared the common thread of a passion for global health.

## Why did you choose to work on this project?

**April:** I served as a member of the Minority and International Affairs Project Committee the year before and saw the opportunity for growth and development. After my own experiences and discussions with other student leaders, I saw my appointment as Co-Chair of the Global Health Project Committee as an opportunity to create this international service learning manual.

**Brittney:** I was looking to be more involved in the APTA, so I reached out to April because she already was in a leadership position. She offered me a position to help out with the ISL project. I just went for it!

## What did you learn in this experience?

**Brittney:** I learned that it is pretty easy to get involved with the APTA, that those of us who decide to join have a voice in what is happening in our profession.

**April:** An idea is merely an idea without action. Each and every one of us is capable of making contributions to our profession, but it takes work. Find your passion and run with it. The former APTA CEO, Jeff Moore, PT, DPT, once said, “Prepare yourself well. There is plenty of room at the top; it’s the bottom that’s full.”

## How do you hope this gets used and what do you envision happening because of the manual?

**Brittney:** I hope that PT’s as well as other health professionals gain access to this manual in order to help their ISL trip become more organized. I also hope that organizations that would like to start international service learning would look to this document and see that it is possible. Here in the states, we take our resources for granted when it comes to serving our patients. We learn how to adjust our focus when we go to underserved communities and in turn, we help them to be able to help themselves. This manual is an effective guide to help establish those relationships on a global level.

**April:** The manual is intended to serve as a resource for those interested in pursuing an international service learning trip, but don’t know how and where to start. The current APTA Student Assembly’s Global Outreach Project Committee is already in the works of creating a second version of this manual. I look forward to seeing how this manual continues to evolve with time and future Global Outreach Committees.

You can review the manual at [https://www.apta.org/uploadedFiles/APTAorg/Current\\_Students/Employment/InternationalService.pdf](https://www.apta.org/uploadedFiles/APTAorg/Current_Students/Employment/InternationalService.pdf).



# Physical Therapy on the Waters of the Amazon River: Brazil 2016

BY AARON WEAVER

**Commuting can be a hassle for the health-care professional.** Navigating busy cities, finding parking. Some people try to offset this hassle by transit and biking.

For the home-health PTs in rural settings, it is traveling long stretches of country highways to see one patient. However, for a group of medical professionals, physical therapy students and other students, the main mode of transportation to seeing communities and patients was by boat.

For two years, Southwest Baptist University's Global Health Outreach (GHO) has partnered with Igreja Presbiteriana de Manaus and Isle Go Missions to provide support, encouragement and the gospel to villages along the Amazon River. This year, a team of ten DPT students, an SBU undergraduate support team, DPT alumni Heather Bregar '15, Paden Norrick '15, and April Fajardo '15, along with Jessica Layman, joined the Brazilian team

March 13-19 for the work in Brazil.

As an outreach of Igreja Presbiteriana de Manaus, the church provides long-term care by maintaining a medical boat, support staff and other professionals who travel to villages twice a year to provide medical assistance. At each village, teams meet locals, lead

a Bible school for children, accomplish service opportunities such as painting or construction, lead a church service and provide medical examinations and support.

On this trip with SBU's DPT students and alumni, there was a surgeon, a dentist, nurses, social workers,

translators, cooks, a pastor and other support staff. This long-term vision helps communities along the Amazon River in a more holistic manner by providing education and resources not otherwise available.

While in Brazil, SBU DPT students and alumni led a clinic on the boat at each village to evaluate and assess

*“The power of physical touch is so important to patients in physical therapy.”*



patients dealing with musculoskeletal and neurological issues. With students rotating through the clinic, they were able to see stroke patients, pediatric, knee, neck, and lower back pain, orthopaedics, nerve and brachial plexus cases. For the clinic, the goal was to decrease pain and increase function by providing short-term and long-term solutions to issues.

One of the major advantages of the GHO experience for students is that they get to work directly with the professors in a mentoring setting. Even with translators, students were able to grow in their clinical skills by finding solutions to ask more clarifying questions to evaluate patients.

Ashley Bressler, SPT '17, reflected, "The power of physical touch is so important to patients in physical therapy."

Working with patients of varying impairments has helped students gain valuable skills, but also increase their confidence going into their clinical rotations.

Even with their physical therapy experiences, the group kept the bigger picture in the forefront. "This was not our trip" was a common thread from



the group of DPT students. As they provide physical healing and solutions, the goal is always deeper, allowing to gospel of Jesus to take root and change lives and communities by supporting the local church.

Whether going by boat or car, SBU hopes to instill a deep love for the gospel to go forth by using the healing tool of physical therapy. SBU Global Health Outreach hopes to continue to partner with Igreja Presbiteriana de Manaus and Isle Go Missions to advance God's kingdom and provide physical therapy resources in the future.

For information on how to support students going on GHO trips, or if you wish to partner with SBU, contact Dr. Beverly McNeal at [bmneal@SBUuniv.edu](mailto:bmneal@SBUuniv.edu), or find more information about Isle Go Missions at [www.islego.com](http://www.islego.com). ■

# Serving Orphans In East Asia

BY BECKY SCHOENEBERG, DPT

As I walked into the building that we would call home for the next week and a half, I could not help but notice the words and signatures dotting the walls.

Some were words of encouragement, while others recounted personal experiences; still others were quotes and various Bible verses. All of these inscriptions had been left by those who came to this place before us, by people who had come with the hope to make a difference in the lives of the children who lived here. It did not take long to realize that a deeper impression is left on the hearts of those who visit this place.

This was no ordinary foster home. Many of the children who live here have significant medical conditions, some not normally seen in the United States. The diagnoses range from

cerebral palsy, spina bifida and muscular dystrophy to hydrocephalus and post-polio. Some of the children had previously undergone surgeries for cleft lip and spinal tumors.

Due to the global health outreach efforts of the Doctor of Physical Therapy program at Southwest Baptist University, two physical therapy faculty and sev-

en physical therapy students, for the next week, would have our mornings and afternoons filled by the beautiful smiles of these children. We had traveled halfway around the world to East Asia, hoping to use our therapy skills to meet the many physical needs of these children, and over the course of our visit, we did just that.

For physical therapists, our goal is to get our patients as independent as possible within their functional mobility. We understand this as a most basic need. However, the concern that greeted us in the eyes of these little children was not concern about their own medical needs, though they were

significant. We were greeted with something much more basic, the most basic of all human needs, to simply feel loved and have a sense of belonging.

For some of the children at the foster home, their parents were unable to provide for their medical expenses and chose to orphan them so they might have a better opportunity at life. On the other hand, some of the children were orphaned for motives that simply grieve the heart. At one of the devotion times led by a physical therapy student, he quoted a phrase written on one of the walls. It read, "...people give away their 'broken' child in order to get a 'perfect' child, but God gave His perfect child to receive the broken."

"Religion that is pure and undefiled before God, the Father, is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world." -James 1:27

The Lord has commissioned every one of us to make disciples of all nations and to serve orphans and widows in the midst of their needs and distress. Although much of what we do meets the physical needs of the individuals, ultimately, our hope is that the spiritual needs of these individuals will find healing and freedom in Jesus Christ as Lord and Savior.

Currently, our program offers multiple global health outreach trips to countries including Haiti, Peru, Brazil and El Salvador. All the global health outreach trips are short-term opportunities, but I believe that the effects of the outreach

trips are felt long after we leave. For the students, these experiences will help shape them into future physical therapists caring for individuals no matter the cultural or socioeconomic differences.

The vision for this trip was



generated by first-year physical therapy student, Shelby Babcock. Shelby had visited the foster home back in 2014. She knew even then, that one day she would return. Thankfully, her contagious spirit and heart for these children had provided an opportunity for others to experience this special place. This trip has opened up another outreach connection in East Asia for our department moving forward. May God bless these endeavors and receive the glory due His name.

For more information about the global health outreach and service opportunities of the SBU DPT program, please contact Dr. Beverly McNeal at [bmcneal@SBUuniv.edu](mailto:bmcneal@SBUuniv.edu) for how you can partner with the Global Health Outreach and communities around the world. ■



*Mayo Clinic. She is a previous Bill Karl Service Award recipient and the recipient of the Minority Scholarship Award for Academic Excellence from the American Physical Therapy Association in 2008.*

*Dr. Becky Schoeneberg '08 is an assistant professor in the department of physical therapy and is currently finishing her Ph.D. work with Nova Southeastern. She has previously worked in home health and also at the*



## Faculty Focus

## Dr. Schoenberg

Dr. Becky Schoeneberg, assistant professor of physical therapy at Southwest Baptist University, was recognized with the Minority Faculty Development Scholarship Award from the American Physical Therapy Association (APTA). She will receive the award at the APTA's annual conference in June.

Given annually to minority faculty members pursuing a post-professional doctoral degree, the award provides doctoral education support for minority faculty members and acknowledges and rewards those who demonstrate commitment to minority services and activities and show superior achievements in the profession of physical therapy.

Schoeneberg has received other recent honors, including being

elected to serve as treasurer of the Missouri Physical Therapy Association and earning the SBU College of Science and Mathematics Faculty Service award. The latter is an annual recognition highlighting the work and service of an outstanding faculty member.

"Dr. Schoeneberg has quickly demonstrated herself as an academic who exceeds expectations and pushes herself to both develop herself and serve others," said Dr. Steven G. Lesh, professor and chair of the department of physical therapy. "She is taking on a great responsibility in the statewide leadership position of our professional organization and is demonstrating great dedication by pursuing her Ph.D. In these roles she will help to shape the future of the profession."



# SBU physical therapy faculty, students and alumni present research at conference

Left to right: Southwest Baptist University students Nathan Jacobs and Jennifer Perkins and Dr. Beverly McNeal, associate professor of physical therapy, present their research at the Combined Sections Meeting of the American Physical Therapy Association held in Anaheim, Calif.



Left to right: Clancy Allmoslecher and Olivia Fritchey

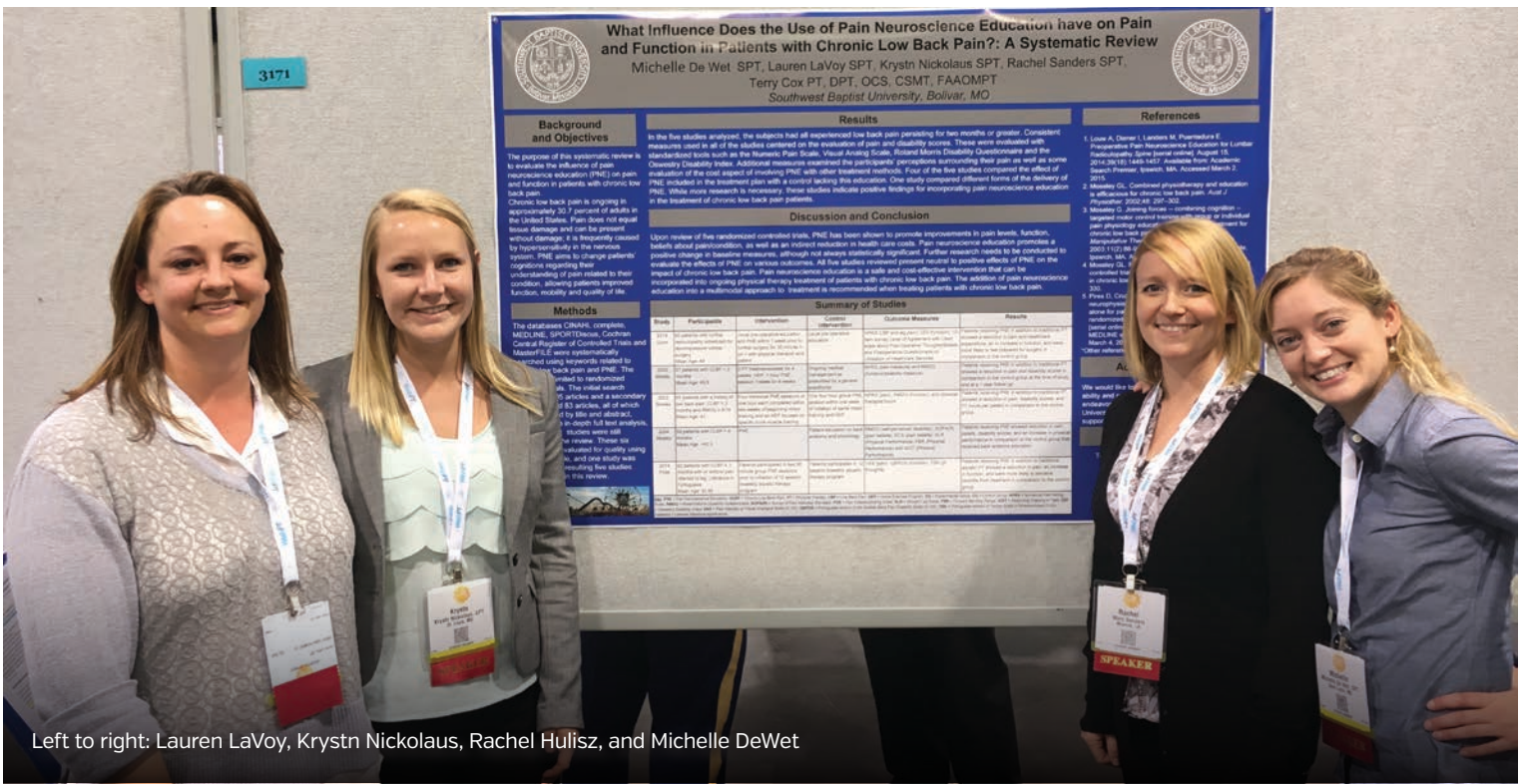


Left to right: Dr. Herb Hamann and Dr. Tom Sneed

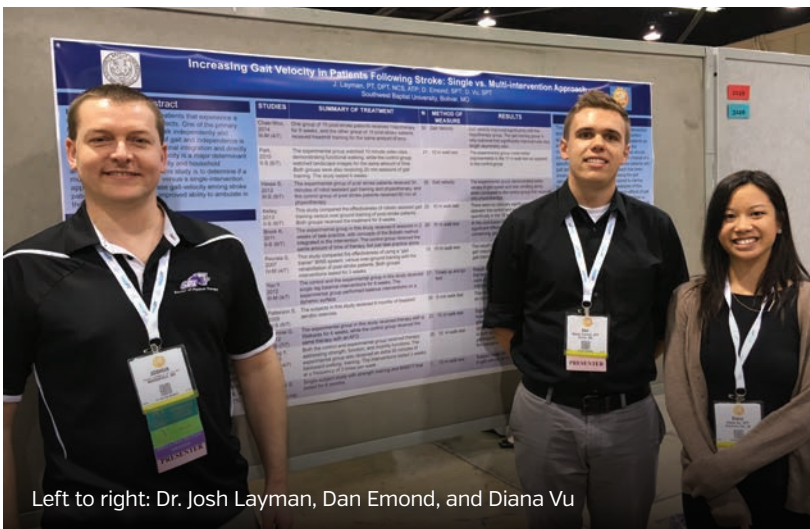
Faculty and students of Southwest Baptist University's Doctor of Physical Therapy program presented research at the Combined Sections Meeting of the American Physical Therapy Association held last month in Anaheim, Calif., which was attended by more than 11,000 physical therapy professionals and students.

SBU faculty and students presented the following research:

- "A Systematic Review: The Utilization of Virtual Reality Therapy for Pain Management in Patients with Burns," by Dr. Connie Matheny, professor of physical therapy, and students Nkiruka Anunwah, Ben Clark, Michelle Perry and Jennifer Sauerbrunn.
- "Increasing Gait Velocity in Patients Following Stroke: Single vs. Multi-intervention Approach. Poster Presentation," by Dr. Josh Layman, associate professor of physical therapy, and students Dan Emond, Danielle Ewing, Kathryn Goff and Diana Vu.
- "Safety and effectiveness of lowering blood pressure using a cardiovascular exercise program after transient ischemic attack or minor stroke: A Systematic Review," by Dr. Josh Layman and students Brittany Albers, Sara Boyle, Leslie Carr and Nic Pontecorvo.
- "Neurodynamic mobilization in a college long jumper with exercise-induced lateral leg/ankle pain: a case report," by Dr. Terry Cox, professor of physical therapy, Dr. Tom Sneed, professor of physical therapy, and Dr. Herb Hamann, professor of physical therapy.
- "What influence does the use of neuroscience pain education have on pain and function in patients with chronic low back pain? A Systematic Review," by Dr. Terry Cox and students Michelle DeWet, Lauren LaVoy, Krystn Nickolaus and Rachel (Sanders) Hulisz.
- "Effectiveness of Neurodynamic Mobilization in the Treatment of Patients Presenting with Lower Extremity Pathologies: A Systematic Review," by Dr. Terry Cox and students Tyler Bischof, Daniel Cassmeyer, Kody Lueders and Melissa Pickett.
- "A Systematic Review Comparing Physical Therapy Interventions for the Treatment of Cervical Spine Pain in Whiplash Associated Disorders," by Dr. Terry Cox and students Christina Gull, Logan Lee and Brittney Townsend.



Left to right: Lauren LaVoy, Krystn Nickolaus, Rachel Hullisz, and Michelle DeWet



Left to right: Dr. Josh Layman, Dan Emond, and Diana Vu



Left to right: Jennifer Sauerbrunn, Nkiruka Anunwah, and Ben Clark

- “The effects of elastic taping on pain in patients with shoulder impingement syndrome: A Systematic Review,” by Dr. Tom Sneed and students Olivia Fritchey, Faraz Anjum and Clancy Allmoslecher.
- “The Impact of Constraint Induced Movement Therapy on Quality of Life in Children with Hemiplegic Cerebral Palsy: A Systematic Review,” by Dr. Sarah Jones, associate professor of physical therapy, and students Rachel Behmer, Anne Ghebrial, Brittany Montgomery and Jessica Osborne.
- “Does Orthotic Helmet Use Improve Neurodevelopmental or Cognitive Outcomes in the Treatment of Deformational Plagiocephaly?” by Dr. Sarah Jones and students Katie Cypher, Kelsey George and Kallie Schoonover.
- “Systematic Review: Vigorous Physical Activity for Posttraumatic Stress Disorder - Can it Help?” by Dr. Beverly McNeal, associate professor of physical therapy, and students Heath Crist, Nathan Jacobs and Jennifer Perkins.

The conference also included recognition of alumni and a faculty member who earned American Board of Physical Therapy Specialties advanced credentials, including:

- Dr. Sarah Jones earned a Pediatric (PCS) specialization
- Dr. Jason Russell '12 earned a Geriatric (GCS) specialization
- Dr. Rebecca Root '09, Dr. Corrie (Owsley) Brown '09, Dr. Erica Hook '11 and Dr. Kyle East '13 earned an Orthopaedics (OCS) specialization.

Alumni Dr. Chuck Rainey '09 and Dr. April Fajardo '15 were recognized for national honors. LCDR Chuck Rainey, PT, DSc, DPT, MS, OCS, SCS, CSCS, FAACOMPT, earned the Sports Physical Therapy Section New Horizons Award. Fajardo earned the APTA Neurology Section's Early Professional Award.

In addition, representatives of SBU's Global Health Outreach, which mobilizes physical therapists to provide physical therapy services to underserved populations around the world, highlighted their work and plans at the conference's Global Health Special Interest Group reception. ■

# The Success of Taking A Risk

## Q&A with Joni Chy '01, '07

Joni Chy, PT, DPT, OCS, MPT class of 2001 and tDPT 2007, recently partnered and opened up SERC Physical Therapy in her hometown of Harrison, Ark. The process and endeavor to open one's own practice is daunting but Chy's drive, tenacity and expertise in helping patients has ushered her into an adventure she only dreamed about when starting her PT education.

Chy comes from a background in orthopaedics with more than 15 years of experience developing herself in manual therapy, trigger point dry needling, and also became Astym® Certified. In September, we were able to talk with Joni about her recent experience of opening her clinic.



### Tell us about your decision to open your own clinic in Harrison.

My ultimate goal, since I was a high school senior, was to own my own practice. After working over 15 years in a variety of outpatient settings, such as private practice, hospital based, and for a large corporate-run organization, I had seen the pros and cons of each. There were various clinical milestones that I had wanted to accomplish in the first 10 years or so of my career – orthopaedic specialty and advanced skill sets. For about the last two years, I had begun to pray earnestly for God's direction for my career. As he began to clearly lay the clinic on my heart, I struggled with fear of failure, lack of resources and potential hardship on our family of five. While studying in Nehemiah, it became clear that God wanted me to stretch and take a leap of faith and completely trust him. As our profession resides in our hands, the following verse truly spoke to me: "But I prayed, Now strengthen my hands." Nehemiah 6:9

### What was the process like for coming under the SERC umbrella?

Initially, I was planning on opening a clinic completely on my own. After my brother (Trevor Davidson '05) opened SERC in Rogers, Ark., we began to discuss the pros and cons of both. The process was very smooth from the final decision to the opening day of business.

### What were the top 3 things you learned about that process?

1. I have a huge support system. There is a person with an answer for any question.
2. Patience is a virtue, and the process itself can be long and exhausting.
3. Great success requires great risk and great faith.

### What advice do you have for those who want to open their own practice?

Get a strong clinical background and skill set underneath you first. Have two to three mentors you can go to for both clinical and business advice. Be patient and seek through prayer. Be willing to market the value of your skills. Realize that you will need to wear many hats for an extended period of time.

### What are good questions to ask yourself if you want to open a practice?

1. Am I a leader?
2. Can I multi-task?
3. Do I have the resources to sustain the process?
4. Am I plugged into my community?
5. Do I have the respect and support of my referral sources?

### What strategies have you employed to balance running the business side and spending the time needed with your patients?

There's a learning curve. It's very overwhelming at first. However, patients are always a priority. The business side of things must be taken care of outside of clinic hours. This is where your support system comes into play. Ask for help and delegation – that could be from a spouse repairing a ballast to a parent making a piece of equipment to shooting an email about an insurance authorization to an experienced office coordinator. Surround yourself with good people.

### How has community involvement been and how do you intentionally invest in the community?

My community has been extremely supportive. I'm a member of our chamber and a group called the Harrison Young Professionals Association. Our group consists of every entity one could

use while running a small business – marketing, banking, real estate, physicians, etc. We collaborate and support one another from all angles of running a business.

Our patients are our community. Therefore, we are investing in our community, one person at a time, by giving them excellent care and an experience that will return them to the community workforce, athletics or simply a better quality of life. That, in itself, is a cycle of life that keeps the wheels turning in our rural town.

I'm also very involved in local athletics by attending games of our patients and investing and showing support in their lives and families. I also volunteer my time with school athletic physicals and educate at various career days.

### How did your time at SBU prepare you in this stage of your career? What advice would you have for those in PT school now?

The education I received at SBU prepared me tremendously. Not only did I have the privilege of learning many advanced clinical skills, servant-hearted instructors mentored me. The facets of care go well beyond the physical needs of our patients, and SBU certainly set those priorities at the forefront. The impact we have on our clients can be diverse, and we have to always remember that it's a privilege to have the trust of any individual who walks through our door.

### Where do you see the world of PT going in the future?

As we move deeper into the world of direct access, we must lobby and educate our communities, state and beyond, about the value and necessity of our care. I hope that our profession does not lose sight of our hands and the skilled nature and value of our craft, as we continue to battle the ebb and flow of health care hoops. ■



## Alyson (Young) Hooten inducted into Missouri Sports HOF as a Filbert Five honoree

Alyson (Young) Hooten '14 was recently inducted into the Missouri Sports Hall of Fame, as a Filbert Five honoree, for her achievements as a post player during her high school and undergraduate basketball careers. She is the all-time leading scorer at Logan-Rogersville High School and at Avila University in Kansas City. Alyson and her husband Cody, DPT '14, live in the greater Springfield area.

The Filbert Five is a group of former high school, college and professional players. The award is named after the late Gary Filbert, a longtime high school and college basketball coach. He was a Missouri Sports Hall of Fame inductee who, in 2011, was bestowed the Hall's highest honor with the Missouri Sports Legend award.



Left to right: Marty Stockstill, Caleb Hooten, Alyson Hooten '14 and Dr. Steve Lesh

## Carrington, Lee earn Bill Karl Service Award

Cara Carrington '16 and Logan Lee '16 were named Bill Karl Service Award recipients, which is presented annually to a graduating Doctor of Physical Therapy student or students who demonstrate superlative service to the Lord, the profession of physical therapy and the University.

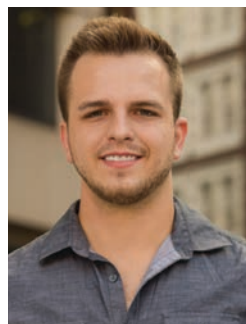
The award, which is the highest award the department gives, is named as a memorial to Bill Karl, MPT '98, who died tragically shortly after graduating. Karl exemplified what it means to be a servant leader both in the classroom and in his personal life. He was the first graduate honored with the award, which was given posthumously.

Carrington graduated with a bachelor's degree in biology from Ouachita Baptist University. She is an active member at Southern Hills Baptist Church where she and her husband, Kevin, have hosted small groups and served in pre-K. She has been to Peru (2014) and Haiti (2016) with the Global Health Outreach, and has served with Relay for Life and as vice president for the SBU Student Physical Therapy Association. Carrington has since accepted a position at Motor Monkeys LLC in Bolivar.

Lee traveled with the GHO to Peru in 2015. He is an active member of the National Guard and has served in Afghanistan. He received his undergraduate degree in athletic training from Western Carolina University. He has also served as a kinesiology teaching assistant and a committee chair for the Missouri Student Special Interest Group from 2014-2015. During his time at SBU, he was an active member of the worship team at Southern Hills Baptist Church.



Left to right: Logan Lee '16 and Cara Carrington '16, Bill Karl Service Award recipients



## Current DPT Student Earns National Recognition

Current student Micah Smith (DPT '17) was awarded the Excellence in Service Award at the NEXT 2016 Conference. The award is given by the National Student Assembly of the APTA. Micah currently serves as a Core Ambassador for the state of Missouri, promoting student engagement on a state and national level.

## PT at the Park in NW Arkansas, Tulsa

A great group of alumni, CIs, CCCEs and family enjoyed a thrilling game between the Northwest Arkansas Naturals and Springfield Cardinals on Aug. 1, at Arvest Ballpark in Springdale, Ark.

With seats directly behind home plate in the Home Plate Party Deck, guests were able to take in the game in the shade, swap memories and create new connections. Guests traveled from a wide area in the Arkansas and Missouri area for the event.

The third annual PT at the Park event was held Sunday, Aug. 14 at ONEOK Field in Tulsa, and matched the Tulsa Drillers against the Frisco RoughRiders.



SBU alumni and faculty at the Tulsa Drillers game



SBU alumni and faculty at Northwest Arkansas Naturals game

## Certifications and Specializations from the American Board of Physical Therapy Specialists

**Sasha (Colorado) Trujillo '13** earned the LSVT BIG certified credentials in February 2016 for the treatment of Parkinson's disease.

**Eric Trujillo '12** earned the Mechanical Diagnosis and Therapy (MDT) certified credentials in October 2015 from the McKenzie Institute.

**Erica Hook '11** recently became a certified orthopaedic manual therapist (COMT) after completing a Maitland Manual Therapy residency. Dr. Hook is currently practicing in a not-for-profit clinic in South Carolina that has a special focus on charitable care program,

working with patients who typically cannot afford therapy services.

### **Board-Certified Orthopaedic Specialists**

**Rebecca Root '09**

**Corrie (Owsley) Brown '09**

**Erica Hook '11**

**Kyle East '13**

### **Board-Certified Pediatric Specialist**

**Dr. Sarah Jones**

### **Board-Certified Geriatric Specialist**

**Jason Russell '12**

## Having earns 2016 Clinical Instructor of the Year Award

Mindy Having, DPT, was recognized for her faithful work in preparing Southwest Baptist University students to become premier Christian physical therapists during their clinical rotations by being named Clinical Instructor of the Year Award.

Having is a three-time SBU graduate – bachelor of science in biology and psychology in 1998, master of physical therapy in 2000 and doctor of physical therapy in 2007.

Having currently works for Cox Health Systems in Monett. She has a versatile skill set in lymphedema, orthopedics and cancer fatigue diagnoses. Her expertise and teaching style allow students to take their skills as future physical therapists to new levels.

Her name is recognized in the main hallway at the Warren B. Davis Family Physical Therapy Center, and the physical therapy department will financially support her in a professional development endeavor this year.



Left to right: Marsha Trantham, MPT presents award to Mindy Having, DPT

## Mercy Therapy Services Awarded Clinical Facility of the Year

Mercy Therapy Services in Springfield, Mo., a major contributor and facilitator in the growth of Southwest Baptist University Doctor of Physical Therapy students during their third year in clinical rotations, was named Clinical Facility of the Year by SBU's DPT program.

From providing a wide base of experiences to exemplary mentors, Mercy invests countless hours to help SBU students excel in the physical therapy profession by providing challenging, hands-on clinical rotations.

Ashlee Callahan, DPT alumni ('12), accepted the award during the Class of 2016's graduation reception in May.



Left to right: Ashlee Callahan '12 and Dr. Kevin Jones, associate professor of physical therapy at SBU



## SBU PT alumni announce future Bearcats

**Sydney (Johnson) Greene '10** welcomed Ian in May 2015.

**Heidi (Pederson) Madaffer '09** welcomed Lena Louise in May 2015.

**Jenna (Wixson) Kure '10** welcomed Maxson Dean in June 2015.

**David Lyday '13** welcomed Sophia Jayne in October 2015.

**Jennifer (James) Birdsong '11** welcomed William Roy in November 2015.

**Lauren '10 and Jacob Gates '16** welcomed Ezekiel Robert in November 2015.

**Mindy Having '00, '07** welcomed Ranger Norman in December 2015.

**Brittany Wright '16** welcomed Kinslie Harper in January 2016.

**Sammy Jo Sullivan '11** welcomed Ester Marilyn in January 2016.

**Ashley Marsh '17** welcomed Henry Hudson in January 2016.

**Mandy (Cave) Lawrence '04** welcomed Madison Elizabeth in March 2016.

**Courtney (Phillips) Martin '10** welcomed Breanna Anne in April 2016.

**Dan Steventon '14** welcomed Silas John in April 2016.

**Dan Schmutz '08** welcomed Kurren Blaz in April 2016.


**Tricia '14 and Lynn Meyers '14** welcomed Issac Lee in May 2016.

**Janeen (Slough) Clark '09 and Champ Clark '11** welcomed Kayson Robert in August 2016.

**Tanji (McCadney) Bailey '09** welcomed Kingston Ramonte' in September 2016.

**Lacey (Davies) Hale '09** welcomed Dylan Aubrey in September 2016.

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