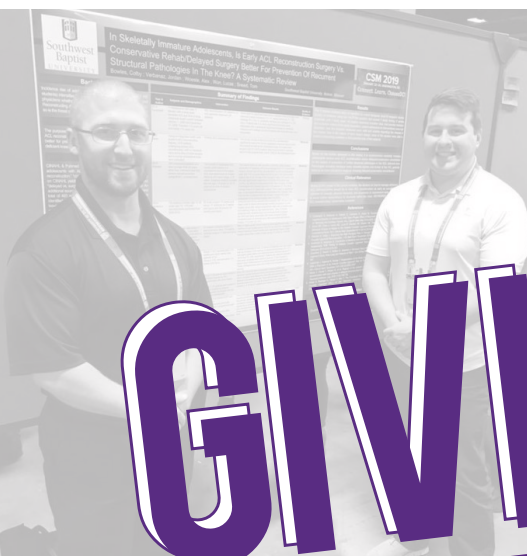


A Healing Mission

Magazine of the Department of Physical Therapy at Southwest Baptist University

A PREMIER CHRISTIAN PHYSICAL THERAPY PROGRAM



GIVING BACK:

to our community, the profession,
the program, and the world



Southwest Baptist
UNIVERSITY



A Healing Mission

Magazine of the Department
of Physical Therapy

WINTER 2020

Volume 6, Issue 1

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A Healing Mission is the official publication for the Department of Physical Therapy at Southwest Baptist University and is published once a year. For any comments, updates, or ideas, please contact Julie Mpofu, Admissions and Alumni Coordinator, at jmpofu@SBUuniv.edu or (417) 328-1690.

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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 30,000-square-foot facility near the main campus of SBU in the Warren B. Davis Family Physical Therapy Center in Bolivar, Mo., 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 in-depth clinical rotations 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.



LETTER FROM THE **PROGRAM DIRECTOR**

Dear SBU Physical Therapy Community,

Welcome to the sixth edition of A Healing Mission, our alumni publication that shares the news of our program in physical therapy here at Southwest Baptist University. This magazine came about more than six years ago during our last accreditation visit as the site team from the Commission on Accreditation in Physical Therapy Education [CAPTE] shared words of wisdom with the members of the program. I remember the site team leader telling us that she was impressed with how much we as a program gave back to the community; that we had a lot of unique elements here in Bolivar, Mo., and it was important to share that information with the public and the professional community. If there is one thing that makes me honored to be part of this community, it is the giving spirit inherent in the faculty, staff, students and alumni. It is a true blessing that extends beyond our purple hallways here on Springfield Avenue.

In the following pages, you will see feature stories of giving back and serving. For each story that is shared in this magazine, others go unrecognized publicly.

One of the unique experiences that I have to share is that a few years back, through my church, I had gone by myself to work at a concession stand during a Convoy of Hope (<https://www.convoyofhope.org/>) event just down the road at the Ozark Empire Fairgrounds.

I met up with the others from my church and we took a shuttle from the parking lot to the fairgrounds. My truck was conveniently parked at church. It was a fun day for me. Cooking, serving meals, interacting with kids and adults alike all there getting various needs met, whether it was a new pair of shoes, a haircut or simply a meal. I got a cool T-shirt that I still have in my wardrobe rotation. As is usual for me, the little kids seem to attach to me, and indeed that day, I had a sidekick.

He followed me everywhere from the grill, to the wrapping station, to counting hot dogs, to handing out the bags of food. We talked about lots of things mostly centered around superheroes. Soon the day came to an end. I gave my new friend and sidekick a high-five, and we all headed our separate ways.

Not only had I driven to the event alone, I also was alone as I began to walk to my truck, which was parked miles away at my church. At that very moment, two of our second-year DPT students walked by. We were a bit surprised to see each other at the event as it was not an official SBU DPT event. We shared quick stories about our day. I told them how proud I was to see them out in the community giving back, especially when they didn't have to. They offered me a ride back to my truck and I accepted.

That small, isolated example of giving back stands out for me as monumental. Ultimately, on that day, two of my students donated their time and efforts giving back to others. It wasn't for a class project. It wasn't for recognition. It wasn't because someone in the program had organized an event. They just went. They just served. To me, that is special.

"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,

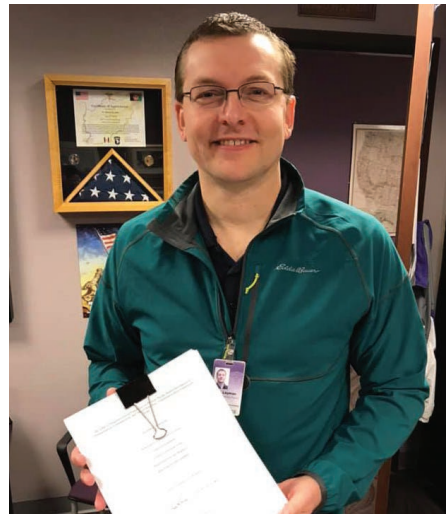
Steven G. Lesh, PhD, PT, AT Ret.
Board-Certified Sports Clinical Specialist Emeritus
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Chair and Professor of Physical Therapy
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Congratulations

to the following faculty members who successfully defended their doctoral dissertations in 2018.



Dr. Marsha Trantham, Assistant Professor of Physical Therapy and Academic Coordinator of Clinical Education, earned her Ph.D. through Northcentral University on Dec. 21, 2018. The title of her dissertation was “A Quantitative Comparative Study of Doctor of Physical Therapy Student Performance in Acute Care Settings.”



Dr. Josh Layman, Associate Professor of Physical Therapy, earned his Ph.D. in Education through Northcentral University on Dec. 3, 2018. The title of his dissertation was “The Effect of Integrated Clinical Experiences on Physical Therapy Student Development of Professionalism, Communication, and Clinical Reasoning: A Quantitative Quasi-Experimental Study.”

Alumni CDR Clara Stevens, DPT '09 and CDR Chuck Rainey, DPT '09 shared this past summer with students the service-related mission of the United States Public Health Service discussing the history of the USPHS Therapists, as well as the current opportunities to serve.



CDR Stevens and CDR Rainey are pictured in front of a USA Flag that was flown by U.S. Sen. Roy Blunt of Missouri over the United States Capitol Building In honor of the alumni of SBU Physical Therapy who have or are serving in one of the uniformed military branches. Joining them are current students who have served in uniform, are currently serving in uniform or have direct family members in the service of this country. This flag can be found on display in the entrance to our Faculty Practice Clinic in Bolivar, Mo. SBU's Physical Therapy Department is blessed with some of the most incredible caring and dedicated alumni.

Students pictured are: Krista Graham, Kala Sheppard, Jeff Rasmussen, Chris Rice and Jeremy Fossum.



Global Health **OUTREACH**

One of our newest Global Health Outreach opportunities is to Zambia. This team spends part of their summer break serving alongside the staff and volunteers at Macha Mission Hospital.

Two of our second-year DPT students were able to spend some time with a 28-year-old who had a hip replacement after a fracture while playing soccer. Due to weakness and pain, he still was unable to get around without crutches for nine months after his surgery. He was not excited about having to come to physical therapy visits at first, but as he started to see progression, a new hope was ignited within him.

Mallory Noel, SPT, recalls that by the end of the week, every time she asked if he was ready for a break, he would respond, “No, I want to walk.” Moments like this are what help drive us to continue to develop new Global Health Outreach opportunities. Not only was this man’s attitude toward physical therapy transformed, but his belief in his own ability to heal was rekindled.



Q&A *with Mallory Noel, SPT*

What changes did you observe in the man who had suffered from a soccer injury?

When he first came in, he did not want to participate in therapy, but the physiotherapists wrote out a prescription for a specific number of visits that he had to complete. He complained of pain in his hip and asked us for medication. We explained that strengthening his hip muscles would be the best possible treatment for his pain and weakness. We started out doing a variety of hip-strengthening exercises on the treatment table. He was in pain and shook excessively with each rep. We gave him some new exercises to do at home.

During our time in Macha, we saw this patient three times. Over this time, we got to know him, he got stronger, his pain decreased, and he became more motivated, more positive and “bought into therapy.” He said he was doing the new exercises at home, was experiencing less pain and felt stronger.

On our last day with him, he was the first patient in the clinic and arrived before we did. He told the physiotherapist, “I’ll wait until ‘my PTs’ get here.”

When we explained that we were leaving, he asked why and if we didn’t like it in Zambia. We quickly explained that we love Zambia but had to go back to the States for school. He tried to convince us to stay another week so we could finish his remaining therapy visits. After we explained that we would love to but that wasn’t an option, he said, “I will miss you.” We told him that he would be working with one of the physiotherapists who are very capable and know all his exercises. We asked to pray with him before he left and said a difficult goodbye.

He came in expecting a pill to help with his pain and left hopeful that he would someday walk independently and believe that physical therapy and exercise was the method to achieve that goal.

What experience in Zambia most impacted you personally and professionally?

It is really difficult to pick just one experience that impacted me and even harder to put that experience into words. The time spent in the clinic working with patients and getting to know the physiotherapists was definitely the most impactful. It is so rewarding to be able to use what we have learned throughout PT school to help patients. I loved getting to know the physiotherapists, as well. They were all so kind, helpful, and excited to exchange knowledge. When we left, it felt like we were saying goodbye to close friends.

Do you see value in physical therapists traveling overseas to experience rehabilitation in other countries?

I definitely see value in PTs experiencing rehab in other countries. When practicing PT overseas, you have to learn to adapt what you know to fit the needs of patients with the available resources, within a different culture. It can be challenging and requires creativity and thinking outside the box. It is humbling to see how far people will go to obtain medical care for themselves or their loved ones.

I think it is a great way to combat burnout. I returned more passionate than ever about physical therapy.

What new skills did you learn from the staff at Macha Mission?

I learned a lot from their experience and knowledge of the culture. They knew what had worked for their patients in the past but were open to new ideas, as well. The PT scope of practice is different in Zambia compared to the U.S. The Zambian physiotherapists are responsible for reading X-rays, casting and fracture reduction in the operating theatre. I definitely improved in my ability to read X-rays, casting, and cast removal, thanks to their instruction and knowledge.



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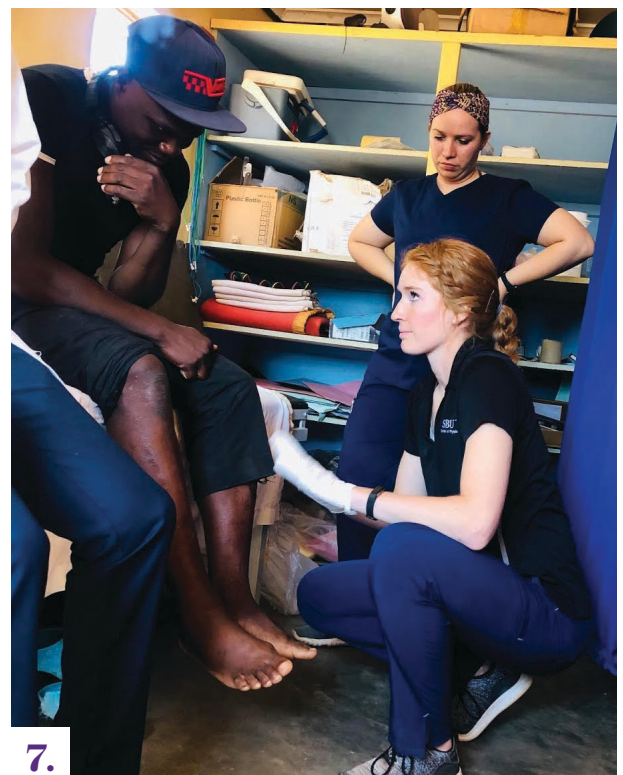
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1. Team outside the hospital

2. Brandon Bussa and Paul LaPointe

3. Team outside the hospital

4. Kailyn Dearing, DPT '19

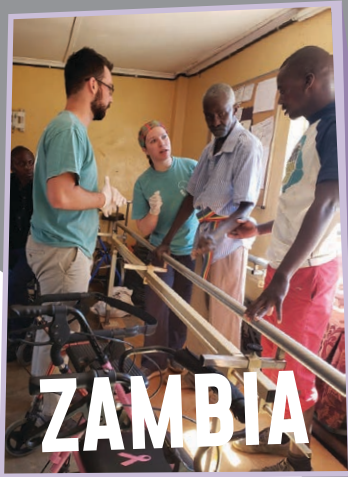
5. Morgan Highfill helping with casting

6. Hannah Herbert and Paul LaPointe helping with casting

7. Hannah Herbert and Brittany Lester



PRAY



Please pray for our Global Health Outreach partners and participants.

If you would like to serve alongside our students, faculty members, other physical therapy and medical teammates and skilled workers, please contact Dr. Beverly McNeal at bmcneal@SBUUniv.edu. Read about past experiences at the Global Health Outreach Blog: <http://sbudptgho.blogspot.com/>.



Q&A with *Desiree Demcak, SPT*

DPT students are giving back to the local community through a free service to help cancer survivors fight the effects of cancer fatigue.

Connie Matheny, Ph.D., facilitated the creation of the Mindful Movement program during the 2018-19 school

year. The program is run through the faculty practice clinic at Southwest Baptist University. If you know of someone in the greater Bolivar area who could benefit from this program, please contact our front office at (417) 328-1672.

What is Mindful Movement? Mindful Movement is a community-based exercise class specifically created for cancer survivors. This class combats the effects of cancer-related fatigue and helps to establish a supportive community for the individuals taking the class. This free-of-charge opportunity includes chair-based exercises that address an individual's balance, strength and flexibility. Regardless of the patient's physical fitness background, this class was established for individuals of all levels.

What inspired you to help facilitate this program?

My grandmother was diagnosed with Acute Myeloid Leukemia in May 2018. Battling cancer was just the beginning of her journey, and now as a survivor, she is tackling cancer-related fatigue and is addressing how it affects her quality of life. This experience, along with further understanding from observing Dan Steventon in the Pediatric Oncology department, allowed me to see the path that God wanted me to pursue. I knew I had to do something to help individuals battling cancer-related fatigue, and I thought the best place to begin would be right at home in my new community.

What are your future dreams/goals as a physical therapist? My goals as a physical therapist are to continue to progress and advocate for our profession. I want to be active in my community and bring awareness to the various areas

that I, as a therapist, can help individuals with. My dream would be to work specifically with oncology patients and develop another Mindful Movement class in my new setting.



Connie Matheny, Ph.D. and Desiree Demcak '20

How does addressing cancer fatigue benefit the lifestyle of a patient?

Feelings of unexplained tiredness and fatigue are very common symptoms after cancer treatment. By addressing these issues and allowing individuals to be mindful of how their bodies are feeling, they can begin taking the steps toward managing their cancer-related fatigue. One of the best methods to combat fatigue that is supported by research is for individuals to partake in physical activity. We used the research as our backbone and built a class that addressed the main issues

individuals struggle with after treatment, which include balance, strength, flexibility and endurance. By addressing this issue and incorporating physical activity into their lifestyle, individuals see a huge improvement in their overall quality of life.

What do you see as the future of Mindful Movement?

My goal is to establish a concrete class that continues for years to come. This will allow for DPT students to get involved in the Bolivar community and allow them to explore the field of oncology. As the years pass, I hope this class continues to grow along with our relationship with the Cancer Center in Bolivar.



Clinical Instructor of the Year *Josie Gimple, DPT, PT, MHA, APT, SMS*

Josie has worked for INTEGRIS Jim Thorpe Rehabilitation since 2008 and currently is the Clinical Specialist for Assistive Technology. She assists with the Jim Thorpe Spinal Cord Injury Survivors Group and is the founder and Executive Director for the Oklahoma Chapter of the United Spinal Association. She also is involved annually with an adaptive water-skiing clinic in Oklahoma.

Degrees

- Doctor of Physical Therapy, Southwest Baptist University, 2008
- Saint Louis University, Master's in Healthcare Administration, 2016

Certifications

- Assistive Technology Professional [ATP], 2012
- Lokomat
- Ekso Bionics
- Seating and Mobility Specialist [SMS], 2017



What made you decide to be a clinical instructor for physical therapy students?

Clinical instructors can make or break a clinical. I had some really great clinical instructors who helped me find my passion. Going into PT school, I was certain I was going into OP and pediatrics. It makes me laugh to think that I was so determined to do that, and now I am all about neuro and seating and positioning. I have experience in many different areas and like to educate and share my knowledge and experience with others.

What encouragements would you have for physical therapists

interested in becoming a clinical instructor?

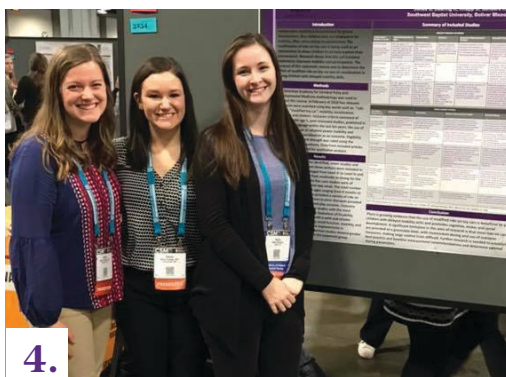
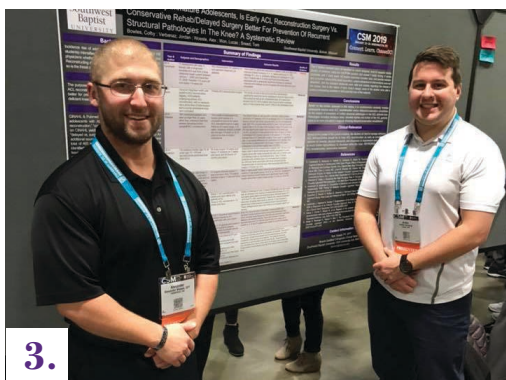
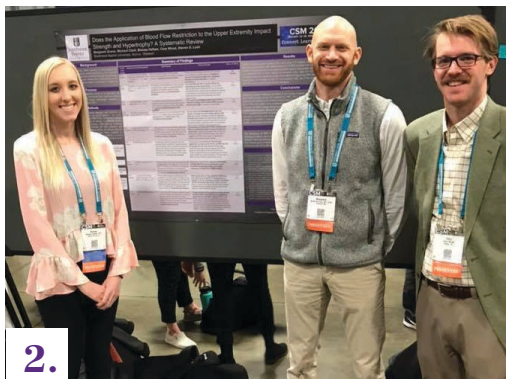
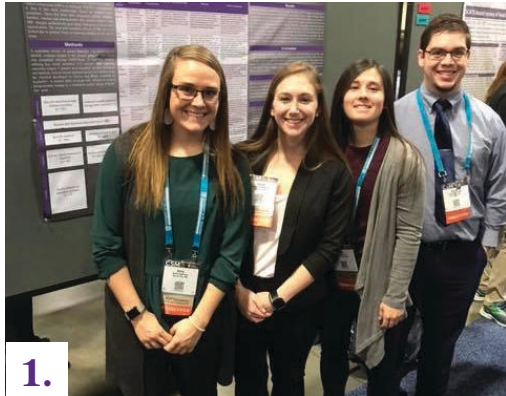
Remember those terrible clinical instructors that you experienced or heard about? Don't be one of them. Be the one that influenced you to be passionate about your profession and patients. This is your opportunity to influence the future of our profession ... and these kids might be your PT one day.

How have you found ways to “give back” to the profession of physical therapy?

I founded the Oklahoma Chapter of the United Spinal Association and am also the executive director. I also facilitate a monthly support group for individuals with spinal cord injury. I occasionally volunteer at a free PT clinic as well.

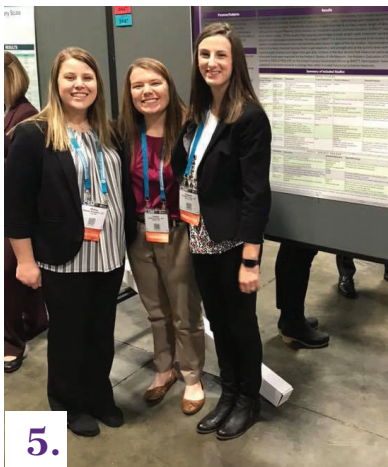
► Clinical Facility of the Year *North Mississippi Medical Center, CCCE Jennifer Locke, DPT, PT*

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

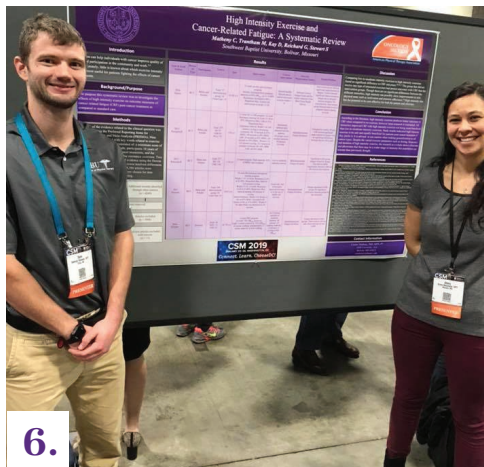


The following DPT students presented peer-reviewed research projects at scholarly conferences during the 2018-2019 school year:

- **Davies J, Krummel C, Oziomek R, Shearrow T.** - The Use of Neurodynamic Techniques in the Treatment of Adults with Carpal Tunnel Syndrome: A Systematic Review. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Cox.
- **Swan S, Lechtenberg A, Kneib C.** - A Systematic Review of the Effectiveness of Dry Needling on Shoulder Pain. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Cox.
- **Anderson E, Caviness J, Easterly P.** - Virtual Reality Utilization in Management of Phantom Limb Pain: A Systematic Review. Missouri Physical Therapy Association Spring Meeting. St. Louis, Mo., April 12-14, 2019. Faculty Advisor: Fleer.
- **Graves E, Richardson W, Schmidt L.** - Effects of Body Weight Support Treadmill Training on Function and Participation in Children with Cerebral Palsy. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Jones S.
- **Knapp D, Dearing K, Sanders K.** - Impact of early provision of modified ride-on toy cars on socialization in young children with mobility delays. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Jones S.
- **Paz J, Waggenger C.** - Does Early Sport Specialization Increase Risk of Injury Among Adolescent Athletes? Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Jones S.
- **Evans B, Clark M, Hallam B, Wood C.** - Does the application of blood flow restriction to the upper extremity impact strength and hypertrophy? A Systematic Review. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Lesh.
- **Jamison K, Gifford J, Kats A, Thibodeaux H.** - The Relationship Between Sports-related Concussion and Academic Dysfunction: A Systematic Review. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Lesh.
- **Johnson JT.** - Prevalence of Athletes Meeting Return-to-Sport Criteria Following ACL Reconstruction: A Systematic Review. NEXT 2019, American Physical Therapy Association, Chicago, Ill., June 14, 2019. Faculty Advisor: Lesh.
- **Hooten A, Mizera D, Taylor A, Tewes K.** - For Patients With Parkinson's Disease, Do Large Amplitude Non-traditional Physical Therapy Interventions Improve Quality of Life More Than Routine Physical Therapy? A Systematic Review. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: McNeal and Jones K.



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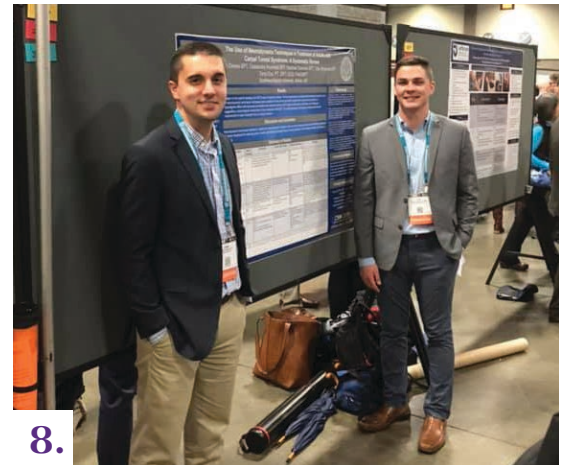


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- **Kay D, Reichard G, Stewart S.** - High Intensity Exercise and Cancer-Related Fatigue: A Systematic Review. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Matheny and Trantham.
- **Kay D, Reichard G, Sager C.** - Vigorous Intensity Resistance Training and Breast-Cancer Related Lymphedema: A Systematic Review. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Matheny and Trantham.
- **McFarland K, McNeley C, Turner L, Weibel F.** - Does Dosage in Aquatic Physical Therapy Affect Motivation Towards Functional Mobility in the Neurologic Pediatric Population? A Systematic Review. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Percy and Jones K.
- **Bowles C, Verbanaz J, Woeste A, Won L.** - In Skeletally Immature Adolescents, Is Early ACL Reconstruction Surgery vs. Conservative Rehab/delayed Surgery Better for Prevention of Recurrent Structural Pathologies in the Knee? A Systematic Review. Combined Sections Meeting, American Physical Therapy Association, Washington, D.C., January 23-26, 2019. Faculty Advisor: Sneed.



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1. Karla Jamison, Haylee Thibodeaux, Jade Gifford, Austin Katz

2. Brenae Hallam, Benjamin Evans, Cory Wood

3. Alex Woeste, Jordan Verbanaz

4. Kailyn Dearing, Devon Knapp, Kayla Sanders

5. Whitney Richardson, Lindsay Schmidt, Elizabeth Graves

6. Sam Stewart, Glory Reichard

7. Faith Weibel, Carlin McNeley, Lindsey Turner

8. Jacob Davies, Tyler Shearrow

9. Juan Paz, Carley Waggener

10. Thornton Johnson



Pro Bono National Honor Society Inductees

The following seven students were inducted for their exceptional service and commitment to providing underserved clients and communities with quality physical therapy while maintaining the standards and requirements of their curriculum and their profession:

LEFT TO RIGHT: Caleb Hendrickson, Tyler Webb, Ethan Hodges, Nicole Hoch, Tyler Shearrow, Kailyn Dearing, Sierra Kemp

Top Academic Student Awards

Cassandra Krummel, Ashton Crow



Davies designated as Bill Karl Service Award Winner

Jacob Davies '19 was named the Bill Karl Service Award recipient, which is presented annually to a graduating Doctor of Physical Therapy student who demonstrates superlative service to the Lord, the profession of physical therapy and the University. The award is named as a memorial to Bill Karl, MPT '98, the first recipient of this award, who died tragically after his graduation in 1998.



Pro Bono Conference

In April 2019, Southwest Baptist University hosted the first Pro Bono Network Midwestern Regional Conference. Students Richard Baldwin and Alex Aker were instrumental in helping make this event a great success.

Thank you to our local Interdisciplinary Clinical Experiences (ICE) Sites for providing opportunities for our students to gain valuable skills through interaction with other healthcare professionals during the 2018-2019 academic year.

Citizens Memorial Healthcare Facility

Parkview Healthcare Facility

Ash Grove Healthcare Facility

Colonial Springs Healthcare Center

Lake Stockton Healthcare Facility

Community Springs Healthcare Facility

Butterfield Residential Care Center

CMH Inpatient Acute Care Therapy

CMH Pediatric Speech Therapy

CMH Radiology

Primary Care Medical Home Care Management

CMH Social Services

CMH Cardio-Pulmonary Rehabilitation

Carrie J Babb Cancer Treatment Center

Mercy Hospital Inpatient Acute Care Therapy

Mercy Orthopedic Hospital Inpatient
Acute Care Therapy

Mercy Bolivar Convenient Care

Transcend Orthotics and Prosthetics

Alpha-Omega Orthotics and Prosthetics

Hanger Clinic: Prosthetics and Orthotics

Annual Physical Therapy Scramble Golf Tournament

The annual Physical Therapy Scramble Golf Tournament was a huge success with 52 participants including students, faculty, friends and family and even the president of Southwest Baptist University, Dr. Eric Turner.



Wisdom Shared

"Instruct the wise and they will be wiser still; teach the righteous and they will add to their learning."

On July 10, 2019, Co-founder and CEO of International Spine and Pain Institute, Adriaan Louw, PT, PhD, CSMT, presented contemporary evidence on pain science and pain education to the SBU DPT classes of 2020 and 2021. Thank you Dr. Louw for your wisdom and expertise in helping our students learn and grow in the patient management of painful conditions.

Springfield Cardinals Game

Students gather at a Springfield Cardinals Game to kick off the school year.



SHOUT-OUTS

Dr. Nathan Church '17 returns to SBU to teach current students about Dry Needling. (July 2018) ▼



Alumni gather at the 2019 APTA Combined Sections Meeting's Global Health Special Interest Group in Washington D.C.



Alumni gather at Kauffman Stadium to watch the Royals and Cardinals play. (August 2018) ▼



SBU PT alumni announce **FUTURE BEARCATS**

Chris K. '15 welcomed Griffey Hugh in October 2019.

Denise (R.) P. '05 welcomed AnnaLeigh Caroline in September 2019.

Zach R. '18 welcomed Eva Rose in August 2019.

Katie (K.) M. '12 welcomed Alexander John in August 2019.

Rachel (S.) A. '17 welcomed Ada Rea in July 2019.

Amy (W.) G. '18 welcomed Avery Clare in June 2019.

Alyse (E.) H. '16 welcomed Raeleigh Emersyn in June 2019.

Stephen Z. '17 welcomed Abigail in May 2019.

Lauren M. '16 welcomed Eleanor Jane in May 2019.

Blakely C. '18 welcomed twins Quinn and Willow in May 2019.

Nanette (G.) H. '15 welcomed Serena in April 2019.

Kallie (S.) O. '16 welcomed twins Ender and Aspen in April 2019.

Jeff R. '21 welcomed Gideon in April 2019.

Leticia (P.) F. '10 welcomed Joselyn Esther in April 2019.

Courtney (V.) H. '15 welcomed Retta Jean in April 2019.

Kate (G.) N. '16 welcomed Remi Elizabeth in March 2019.

Sundi (S.) M. '09 welcomed Vinya Sue in February 2019.

Megan Z. '14 welcomed baby Z in December 2018.

Adam G. '17 welcomed Jackson Louis in December 2018.

Kayla (R.) W. '14 welcomed Hudson David in November 2018.

Jennifer (W.) S. '10 welcomed Lea Marie in November 2018.

Amanda (G.) M. '15 welcomed Emery Sue in November 2018.

Sammy Jo S. '11 welcomed Hannah Beverly in November 2018.

Corrie (O.) B. '09 welcomed Ryan Blair in October 2018.

Robin C. '14 welcomed Kayden Issac in September 2018.

Rodney D. '17 welcomed Alexander in September 2018.



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CONGRATULATIONS *Class of 2019!*



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