Chair’s Message

Thank you to everyone for a productive and exciting fall and spring semesters. We have launched our new social media campaign, thanks to the guidance of Josh Stefanik and Chris Cesario. Please follow us on Twitter and on Facebook as we keep you apprised of the department activities and research.

We celebrated a transition as Dr. Nancy Sharby retired in December after 23 years of service. We thank Nancy for her dedication to students, her expertise in disabilities studies and patient advocacy. We will all miss her but I am happy to report she will continue teaching a course or two in disabilities for our new Graduate Certificate in Disability Studies. We also welcome a new Dean, Susan Parrish in March.

I am pleased to report a number of faculty and students received university, regional and national awards. We are very proud of our faculty and student accomplishments. Please read on to learn more about these individuals and their prestigious awards!

Maura Iversen PT, DPT, SD, MPH, FNP, FAPTA
Professor and Chair

Check us out on Facebook and Twitter!

Northeastern University
Department of Physical Therapy

@NUPTMRS
#NortheasternDPT
Dr. Nancy Sharby Retires After 23 Years

After 23 years with the Physical Therapy Department, Dr. Nancy Sharby, PT, DPT, MS retired. Nancy joined Northeastern University’s Physical Therapy Department in 1993 as an academic coordinator of clinical education (ACCE). She served in this role until 2002. At which point, her primary focus switched to more teaching. She first taught in neuro rehabilitation and human development courses, and then later in psychosocial aspects of healthcare and health education and wellness courses.

She was always strong advocate for people with mental illness and disabilities, highlighted by her involvement in National Mental Health Alliance. Thus, it seemed only fitting that near the end of her tenure, she developed and taught courses in the area of disability studies. She was also an integral part in the formation of a Certificate in Disabilities Studies; which educates students and professionals to work collaboratively to create changes in the social, economic, political, educational, medical and physical environments in ways that will positively impact people with disabilities. We are fortunate that in her retirement she plans to continue to teaching some of these courses.

Nancy has many fond memories, but her most significant was “watching students grow and mature from uncertain freshmen into confident, competent physical therapists. The transformation was astounding and it was an honor to be part of their development.”

Although Nancy will miss Northeastern, she is now becoming involve in Refugee Immigration ministries, joining organization that is working on prison reform and continuing her work on disability rights and advocacy through speaking at local and national events. As Nancy opens the next chapter in life, the entire faculty and staff wish her the best. Her efforts, teaching and advocacy will be missed.

New Dean of Bouvé College of Health Sciences

Dr. Susan L. Parish was appointed the new Dean of Bouvé College of Health Sciences, effective March 13, 2017. She holds a Doctorate in public health from University of Illinois at Chicago, and a Master of Social Work and Bachelor of Arts in English Literature, both from Rutgers University.

Her previous appointment was at Brandeis University as the Nancy Lurie Marks Professor of Disability Policy and Women’s, Gender, and Sexuality Studies and the inaugural director of the Lurie Institute for Disability Policy. Dr. Parish also served as the Associate Dean for research of the Heller School for Social policy and management at Brandeis University. During her time at Brandeis, she increased the annual external revenues of the institute to over $2 million and as principal and co-principal investigator, was responsible for almost $10 million in external research funding.

She is a fellow of the American Association of Intellectual and Developmental Disabilities, a fellow of the Society of Social Work Research, a member of the National Academy on Social Insurance and has received numerous awards for her teaching and research. Her primary research interests examine the health and financial well-being of children and adults with disabilities and their caregiving families.
Words from an Alumni

**Jimmy Heim, PT, DPT, CSCS** graduated Northeastern in 2016 having completed a sports concentration. Although it was only a year ago, he has been busy making a name for himself in the local community and growing professionally as a newly licensed physical therapist. He is currently working full-time at Bay State Physical Therapy Boston Reggie Lewis Center.

Having had poor experiences in the healthcare system himself, Jimmy vowed to give 110% of his efforts to his patients and clients. He believes that being a great PT is more than just interventions, exercise choices and assessing objective measures; it is about understanding the patient and their individual subtleties. This philosophy allows him to educate, enable and empower his patients towards their goals. Ensuring that the patient knows they are understood and cared for, he believes helps the patient become motivated and invested in the process. Appreciating patient’s systemic change and the importance of homeostasis and allostasis is paramount in his practice. “Pain is an output based on several inputs to a system that are occurring 24/7. While performing exercises correctly is a huge part of achieving outcomes in the clinic, there are still 23 other hours in a day that a patient isn’t under a therapist’s direct care. This is where patient education regarding stress management, nutrition, habitual tendencies, and aerobic exercise are far more important than prescribing the best glute max exercise. This is where conversing with a patient to alter nervous system response is more important than properly executing a cervical upglide. This is where regressions become the best progressions to allow patients to be successful with treatment.”

His advice to the class graduating this year is to never stop learning. “Have standards that you evaluate your patients and yourself by. Understand that you have a professional obligation to deliver the best treatment to every patient that seeks your professional guidance for their care. You are now responsible for real people living real lives with real pain and functional impairments. Northeastern prepares you to hit the ground running after graduation so take advantage of it and pursue greatness.”

Prior to graduation, Jimmy started a company with his friends, Mobility Prescription, which he still works at now on top of his full-time job. Mobility Prescription is a mobile personal training company that delivers fitness consulting and personal training services in the convenience of a client’s living residence. Training services are individualized to client goals and current fitness levels. Services provided by Mobility Prescription include post rehabilitation fitness, general strength/personal training, body composition change, and training to prepare for higher level athletic activity.

As he continues along his professional path, Jimmy hopes to be able to provide patient/clients with an all-inclusive system for their health and fitness needs. He hopes to be able to treat all aspects of the patients, including fitness training, rehabilitation, nutrition, stress management, recovery, and life coaching.
Strong Presence in APTA of MA

We are grateful that so many of our faculty are active members and leaders in the APTA organization. Below are those that volunteer their time to help lead important groups in the APTA of MA.

**Eric Folmar, PT, DPT, OCS, CKTP**
*Central District Chief Assembly Representative*  
*APTA of MA*

**Sheri Kiami, PT, DPT, MS, NCS**
*Chair of Neurology SIG*  
*APTA of MA*

**David Nolan, PT, DPT, MS, OCS, SCS, CSCS**
*Chair of Shoulder SIG*  
*APTA of MA*

**Debra Bangs, PT, DPT**
*Chair of Educational Programming Committee*  
*APTA of MA*

**Ann Golub-Victor, PT, DPT, MPH**
*Chair of Pediatric SIG*  
*APTA of MA*

**Matthew Nippins, PT, DPT, CCS**
*Chair of Cardiovascular and Pulmonary SIG*  
*APTA of MA*

Faculty is Honored with Two Teaching Awards

The Academy of Acute Care Physical Therapy recognized outstanding physical therapists making a difference in their community at the Combined Sections Meeting in San Antonio, Texas. Faculty member, **Kristin Greenwood, PT, DPT, MS, GCS**, was the 2017 recipient of the James Dunleavy Distinguished Service Award.

Dr. Greenwood’s greater influence on acute care physical therapy has been through her work to improve student education and preparation for practice as physical therapists. She dedicates herself to ensure excellence in education, advocacy for the profession and quality of physical therapy practice.

Dr. Greenwood also received Northeastern University’s Undergraduate Bouvé Distinguished Faculty Award that acknowledges commitment to teaching excellence. The award recognizes that outstanding teaching goes beyond the classroom and includes the long-term impact that faculty have on students.

Congratulations Kristin on your awards.
Alumni Reception at CSM

American Physical Therapy Association (APTA) Combined Section meeting (CSM) is a conference not only to share ideas but also to reconnect with past colleagues and alumni. Over 60 people gathered at Tex’s Sports Bar at the Hilton on San Antonio’s Riverwalk on February 15th to reconnect and share memories. The majority of those in attendance were Physical Therapy alumni in town for the annual APTA CSM. However, a number of alums were from across the university and were residing in San Antonio.

Dr. Iversen, Chair of the Department of Physical Therapy, Movement, and Rehabilitations Sciences, gave a speech regarding the growth in program offerings from the department, updates on research, and the increase in applicant numbers to the programs. She also spoke on the evolution of the university, including the opening of the Interdisciplinary Science & Engineering Complex (ISEC), the 2025 Strategic Plan, the expansion of the Boston Campus and additional graduate campuses. Please look for more pictures and information on the event on our Facebook page and Twitter account.

We wish to thank Haley Waud, DPT ’13 for helping us coordinate the event and select the door prize winners and the NU Alumni Office for their assistance with planning and marketing.

White Coat Ceremony: Class of 2020

The Department of Physical Therapy, Movement and Rehabilitation Science held its annual White Coat Ceremony on Friday, February 10, 2017 in Blackman Auditorium. It was followed by a reception for family and friends in the Curry Student Center.

The ceremony is a symbolic welcome to 107 physical therapy students from the class of 2020 as they enter the first year of the professional component of the program. The white coat is bestowed on each student to wear during practical exams, on Co-op placements and during Clinical Education experiences. It demonstrates a commitment to professionalism, high quality patient care, and respect for others.

The keynote speaker was alumni, Thomas R. Plant, PT, who graduated from Northeastern in 2000 with a BS in Physical Therapy. Thomas is the Director of Operations at HealthSouth New England Rehabilitation Hospital in Woburn, Massachusetts, overseeing three inpatient sites and two outpatient locations. This year’s student speaker was Julia Masse, BS, PT/s, DPT ‘17.
Ergonomics Has a Role in Everyday Life: The Importance of the Occupational Ergonomics and Health Program

By Lauren A. Murphy, PhD and Barry Myers, PT/s

Do you open a door every day? Do you sit down in a chair at least once each day? Or maybe you sit all day long? Do you have to physically move patients or manually manipulate patients during treatment? An ergonomist is most likely behind the design of a broad range of objects you interact with on a daily basis and some of your job tasks or the tools you use on the job as a physical therapist. While ergonomics is a scientific field that people may not be overly familiar with, it affects their everyday lives. Ergonomics is concerned with designing objects, tasks, work spaces, lighting, and equipment to fit people’s physical capabilities and limitations. Through design, the goal of ergonomics is to optimize human well-being by reducing stress and eliminating injuries and disorders that result from overexertions, forceful and repeated tasks, and awkward postures due to task and equipment design. This may sound familiar to physical therapists who, according to the American Physical Therapy Association, “promote the patient’s ability to move, reduce pain, restore function, and prevent disability.”

Physical therapists see patients who have problems that result from injury or disease, and they also try to prevent the loss of mobility in patients by developing fitness and wellness-oriented programs that help people achieve healthier and more active lifestyles. The prevention of injury and illness and the promotion of wellness are also key aspects of ergonomics. With numerous important overlaps in the fields of ergonomics and physical therapy, physical therapists may be interested in learning more about ergonomics to be able to incorporate ergonomic principles into their treatment plans and fitness and wellness programs to empower patients and workers together. The new Occupational Ergonomics and Health Program in the Department of Physical Therapy, Movement and Rehabilitation Sciences at Northeastern offers a Master of Science degree focused on primary and secondary prevention approaches for work-related musculoskeletal disorders and injuries. The program is also focused on health promotion by using a Total Worker Health® approach to prevent injuries and illnesses and protect workers from safety and health hazards.

The construction industry is an example of how ergonomics and physical therapy can work together. Workers in the construction industry experience some of the highest numbers of fatalities and injuries each year in the United States. In a study conducted by Dr. Murphy, a number of construction workers were unfamiliar with the term ergonomics. If construction workers and management are more aware of the ergonomic environment, such awareness may decrease the number of long-term injuries workers are at risk for developing. If physical therapists are also more aware of ergonomics, they could make a difference in the way construction workers think about safety and long-term injuries.

As the physical therapy profession moves toward becoming direct-access in each state across the country, it can help all workers by empowering them to make changes in their workplace to reduce the impact of workplace hazards. Physical therapists will see some workers even before their primary care physicians. Therefore, physical therapists are in a position to educate workers about safety and ergonomics. Physical therapists can inform workers about ways to reduce their risk of injuries by understanding their environment. Ergonomics is an area where physical therapists can certainly begin to make a difference in the lives of workers, and is an area of study where physical therapists can begin to get involved.

To learn more about the Occupational Ergonomics and Health Program, visit the website: http://www.northeastern.edu/bouve/physical-therapy/programs/ergonomics/
Research

Left Photo: Dr. Markowski with the real time ultrasound imaging device that is used to help train physical therapy students basic and advanced joint mobilization techniques. Center Photo: Dr. Levac lab’s virtual reality environment shows a more enhanced virtual environment, while the figure on the right photo shows a less enhanced, simplified, virtual environment. These virtual scenarios are used to study balance interventions that can potentially benefit patients in rehabilitation programs.

Some Recent Grants

- Danielle Levac was awarded a $45,000 grant titled: Influence of virtual environment complexity on motor learning in children with cerebral palsy: Implications for virtual reality use in rehabilitation through the Tufts CTSI Pilot Grant Program.
- Alycia Markowski, Maureen Watkins, and Leslie Day were awarded: $15,000 for a project titled: Using Real-time Ultrasound Imaging to enhance learning and clinical application of anatomy, biomechanics, motor control and patient care across the Physical Therapy Curriculum through the Grants for Advancing Undergraduate Teaching and Learning at Northeastern Tier 3 Program
- Steve Yen was Awarded a $50,000 grant as part of a collaborative grant with Deniz Erdogmus in Engineering for a project titled: EEG-guided robotic mirror therapy for neurorehabilitation through Northeastern’s Tier I Grant Program.

Some Recent Publications

#CapturingCommunity Professor Lorna Hayward

**Role within service-learning:**
Professor and member of the Service-Learning Advisory Board.

**Service-Learning course:**
Three of my courses include service-learning. One is an honors seminar with domestic service—this is the second year that this course has included a service element. The second course is a capstone course in physical therapy that includes an alternative spring break to Ecuador where we provide physical therapy to children at two orphanages. This course has run for 10 years. The third course enables physical therapy students to participate in an adaptive sports program I created for children with Autism and other disabilities—in the form of a community based soccer and basketball program. This program is in year 5.

**What is one thing everyone should know about service-learning?**
Once you find yourself in a community it is hard to leave. You become invested in the people and the mission. Service brings the classroom material alive.

How are your values expressed through your community work?
Service is in my blood. Physical therapy is a service-oriented profession and so is teaching, so I had the right start. My whole world involves helping others reach their potential. I love working with students and seeing them become energized working outside of the walls of the academia.

I feel strongly about service-learning and involving my children, as well. My daughter, who is a Northeastern freshman, has been on 5 service trips with me outside of the US, worked with the adaptive sports program and took her first service-learning course here at NU this fall. She is majoring in international affairs and Spanish and uses her developing language skills at her service locations. My son, who is a junior in high school, has worked with me since day one with the adaptive sports program. Participating in service has provided both children with leadership opportunities.

*Photo and interview by Liza Ashley, a 5th year Human Services major and a S-LTA for 5D: Fundamentals of Experience and Drawing, took the time to interview and spotlight faculty member Lorna Hayward for a Service-Learning blog post (S-LOG).*

Read about Professor Hayward's perspective on service and how she #CapturesCommunity at: [https://slogatnu.com/2016/12/08/capturingcommunity-professor-lorna-hayward/](https://slogatnu.com/2016/12/08/capturingcommunity-professor-lorna-hayward/)

To learn more about Service-Learning and how you can get involved, check out: [https://www.northeastern.edu/communityservice/programs/long-term-programs/service-learning/](https://www.northeastern.edu/communityservice/programs/long-term-programs/service-learning/)

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**2017 Mass General Sports Medicine Conference**

**Title:** Management of the Athlete’s Hip, Knee & Ankle  
**Date:** Saturday, June 3, 2017  
**Location:** Northeastern University, West Village F #20  
**Contact Information:** David Nolan, PT DPT, MS, OCS, SCS, CSCS  
[David Nolan@northeastern.edu](mailto:D.Nolan@northeastern.edu)

Visit our website for more information: [http://www.northeastern.edu/bouve/physical-therapy/continuing-education/](http://www.northeastern.edu/bouve/physical-therapy/continuing-education/)