

DEPARTMENT OF Rehabilitation Medicine

VOLUME III, ISSUE 3 SUMMER 2010

LETTER FROM THE CHAIRMAN



Greetings UW Rehabilitation Medicine friends and colleagues,

The 2009/2010 academic year was full of changes and milestones for the department. In 2009, we were the top recipient of funding from the National Institutes of Health (NIH) among rehabilitation programs. We were ranked #3 in rehabilitation by *US News & World Report*. Our curricula classroom renovation project at the UW Health Sciences Building was completed. Several faculty and staff moved to our new office and clinic spaces at the Ninth and Jefferson Building.

Dr. Walter Stolov, former chairman of the department, celebrated 50 years at the UWMC. We also had our first PhD in Rehabilitation Science student graduate. It was a busy year to say the least.

On July 1, the start of the 2010/2011 academic year, we welcomed a whole new class of PM&R Residents, followed by in August, our fellows in Spinal Cord Injury (SCI) medicine, Traumatic Brain Injury (TBI), and Sports Medicine. And in September, new students begin in each of our curricula programs: Prosthetics & Orthotics (P&O), Doctor of Physical Therapy (DPT) and Master of Occupational Therapy (MOT). The start of every academic year is busy, sometimes challenging, but it's exciting to be part of the process.

Lastly, in this issue, we are proud to highlight humanitarian work in the Haitian relief effort by several of our P&O program alumni. I think you'll find their work—from providing prosthetic & orthotic care to a large patient volume in a short amount of time, to gait training on uneven ground, to planning their next trip back—to be as inspiring as I have.

Thank you for reading. Contact us at rehab@uw.edu with questions or comments.

*Peter Esselman, MD
Professor and Chairman*

SPOTLIGHT: UW P&O PROGRAM ALUMNI VOLUNTEER IN HAITI

This past spring, several alumni from our [Prosthetics and Orthotics \(P&O\) Program](#) heeded the call of humanitarian work and traveled to Haiti to provide rehabilitative care to people affected by the 7.0 magnitude earthquake that occurred on January 12, 2010.

The volunteer work provided by P&O alumni, Beth Rountree, CPO ('05), Gretchen Wellman, CO ('08), Erin O'Brien, CP ('08), Jeremy Bilow, CO ('08), and Aaron

CALENDAR

- **September 14, 2010**
Grand Rounds
7:30AM, HSB, T-733
- **October 12, 2010**
State of the Department Presentation
8:30AM, HSB, D-209
- **November 4-7, 2010**
AAPM&R Annual Assembly
Seattle, WA
- **March 27 - April 2, 2011**
PM&R Board Review Course
Hotel Deca

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HAITI CONT'D



Gretchen Wellman, CO with pediatric patient

Jacobsen, CPO ('05) shows us the great need for P&O care in Haiti in the aftermath of the earthquake.

Of the 250,000 people injured in the earthquake, at least 100,000 people are amputees.

Since Haiti is a country where the disabled and handicapped are often regarded as economic burdens and social outcasts, the need for prosthetic and orthotic devices and associated ongoing care, as well as restoring function for return to work and home will be in high demand for a long time.

Although our P&O alumni were in Haiti at different times with separate organizations, they all had a common goal for their brief visits: to provide prosthetic and orthotic care to whoever came to their clinics.

"I can't begin to count the patients. Initially I had expected to focus my time on fitting the four prosthetic limbs we had brought down, but the need for orthotic treatment was very high from such a large number of orthopedic injuries. Likely, I cared for around 50 amputees and

at least as many orthotic patients," said Beth Rountree, CPO ('05).

Most patients seen in Haiti had been affected by the earthquake, but a few were seen secondary to diabetes or other trauma.

Since disability is so highly stigmatized in Haiti, our alumni reported patients were prioritized to get the high functioning younger victims fit so they could return to work.

"The thing that struck me most was the speed of progression for walking for these patients. They would be fit at the prosthetic lab and walk with it for the first time in our parallel bars, and then proceed to walk down a steep ramp and over uneven gravel roads to get back to the tents where they were living. I've never witnessed such amazing progress in patients in the United States, most likely because we practitioners wouldn't dare let them try anything so challenging so soon after their first fitting," said Erin O'Brien, CPO ('08).

Appearance of the prostheses is very important to the patients in Haiti—most of the

patients wanted their prostheses to look as natural as possible, which due to lack of materials and time was not always possible to provide. The emphasis on natural appearance in Haiti is in stark contrast to a growing trend in the United States. Many amputees in the US using prostheses dislike the "realistic" looking prostheses and want devices that show components.

Follow-up care in the field of P&O is crucial and ongoing and will be difficult in the Western Hemisphere's poorest nation. With that in mind, several of our alumni report that they plan to return to Haiti as volunteers.

"I was struck by how the experience was simultaneously the hardest and the easiest thing I've ever done. Hard because of the conditions, and the poverty. Easy because it is the right thing to do, it feels like I was meant to be there, almost like I always had been. The thing to remember is that you cannot save everyone. You are only human; you just do the best you can. It was really hard for me to be able to fit only what I had brought, try to make it work," said Gretchen Wellman, CO ('08).



Most donated prostheses are Caucasian



Erin O'Brien, CP with patient

NEWS FROM THE PHD IN REHABILITATION SCIENCE PROGRAM

Cynthia Robinson, PT, PHD, First Graduate of PhD Program

We are proud to announce Cynthia Robinson, PT, PhD, as the first graduate of the PhD in Rehabilitation Science program.

Dr. Robinson's research examines physical, environmental, and personal factors associated with participation in community walking among survivors of stroke.

The intent of Dr. Robinson's research is to guide rehabilita-

tion programs aimed at optimizing recovery of an individual's ability to walk following a stroke.

Dr. Robinson was chosen as one of four gonfaloniers— banner carriers— to represent the Graduate School at the UW Seattle Commencement and to lead graduating master's and doctoral students into Husky Stadium.

The term gonfaloniere dates

back to medieval times and was a prestigious post as they represented particular sections or districts of a country and heralded the arrival of that district to any major gathering.

Dr. Robinson, a faculty member in the PT Curriculum since 1999, was truly deserving of this honor for her achievements as teacher, researcher, and clinician.



Dr. Cynthia Robinson

Megan Morris Wins Dennis Lang Award

Megan Morris, was one of two recipients of the [UW Disability Studies Program](#)'s 2010 Dennis Lang Student Award in Disability Studies.

Ms. Morris, a fourth year doctoral student in our PhD in Rehabilitation Science Program, plans to use the award

to fund a pilot project to evaluate a curriculum she and her colleagues designed. The curriculum is to train medical students in successful strategies for improving patient-provider communication, particularly for patients with communication disabilities.

The Dennis Lang Award recognizes students who exhibit: an openness to exploring disability narratives; a commitment to understanding human experience through a social and cultural model of disability; and a passion for raising awareness of Disability Studies.



Megan Morris

2010 STOLOV RESEARCH AWARD WINNERS ANNOUNCED

- **Alison Putnam, DO**, Department of Rehabilitation Medicine Resident, "Impact of Ankle Braces on Skill Performance in Soccer Players", Award amount = \$1500
- **Britton, Deanna, MS, CCC-SLP, BC-ANCDS**, PhD Student, Rehabilitation Science, "Associations Between Laryngeal and Cough Dysfunction with in Bulbar ALS" (dissertation research funds), Award amount = \$2000
- **Megan Morris, PhC, CCC-SLP**, PhD Student, Rehabilitation Science, "The effects of training on the competence and attitudes of fourth year medical students regarding patient-provider communication with patients with communication disorders," Award amount = \$1475
- **Jennifer Zumsteg, MD**, Acting Instructor, Department of Rehabilitation Medicine, "Focus group: Environmental Stewardship for PM&R Physicians," Award amount = \$1200
- **Cara Stepp, PhD**, Post-Doctoral Student, Department of Rehabilitation Medicine and Department of Computer Science and Engineering, "Augmentative vibrotactile feedback for control of a prosthetic hand," Award amount = \$1312
- **Anat Lubetzky-Vilnai, MS, PT**, PhD Student, Rehabilitation Science, "The role of compliant surfaces in somatosensory evaluation and rehabilitation, Award amount = \$680.

CONGRATULATIONS TO THE PM&R RESIDENT CLASS OF 2010

Congratulations to the UW Physical Medicine & Rehabilitation (PM&R) Resident class of 2010. The graduation ceremony was held on June 19, 2010 at the UW Faculty Club.

From left to right:

Alison Welch, MD, Maureen Noh, MD, Leah Concannon, MD, Jacob Joseph, MD, James Babington, MD, Jason Friedrich, MD, Virtaj Singh, MD, and Alexander Sheng, MD



WELCOME NEW RESIDENTS

We are pleased to welcome another group of outstanding residents to the UW Physical Medicine and Rehabilitation (PM&R) Residency training program.

These three PGY-1 and ten PGY-2 residents represent some of the best and the brightest residents in PM&R. They have diverse backgrounds from allopathic to osteopathic schools and have a wide array of outside interests from jazz to snowboarding.

We are proud to have these residents as part of the UW Department of Rehabilitation Medicine!

To learn more about our PM&R residency training program, please visit our website:

<http://rehab.washington.edu/education/residency/>

Felicia Skelton

Hometown:

Houston, TX

Medical School:

Baylor COM

PM&R Interests:

neurorehab, geriatric rehab, disability policy and advocacy

Outside Interests: cooking, therefore eating, movies, reading, "design on a dime" projects (interior and fashion!), everything Green Lake, and football



Mindy Loveless

Hometown:

Conway, AR

Medical School:

Univ. of Arkansas for Medical Sciences

PM&R Interests: Sports & Spine, Pediatrics

Outside Interests: Soccer, Hiking, Camping, Rock Climbing, Ultimate Frisbee, Cooking, Baking, Watching Sports (especially Arkansas Razorbacks football)



Jeremy Linsenmeier

Hometown:

Evanston, IL

Medical School:

Northwestern University, The Feinberg School of Medicine

PM&R Interests: SCI, TBI, pediatrics

Outside Interests: Most outdoor activities, Chicago sports, discovering new music and food



Class of 2014

Mamie Air

Hometown:

Houston, TX

Medical School:

Yale Univ., SOM

PM&R Interests:

MSK, performing arts medicine (dancers'/musicians' medicine), studying peak performance and resilience among elite athletes

Outside Interests: Dancing, traveling the world as much as possible, sewing, baking, living abroad



Class of 2013

NEW RESIDENTS, CLASS OF 2013 CONT'D

Aaron Bunnell

Hometown:

Seattle, WA

Medical School:

UCSF SOM

PM&R Interests:

SCI, Acute and Critical Care Rehab, MSK, Sports Medicine

Outside Interests: Photography, nature (especially mountains), reading (i.e. Gary Snyder, Cormac McCarthy, T.C. Boyle and Sherman Alexie), swimming, yoga, coffee.



Kyle Comrie

Hometown:

New York, NY

Medical School:

Meharry Medical College, Nashville, TN

PM&R Interests:

Musculoskeletal, Sports

Outside Interests:

Basketball, Weight Training, Muay Thai



Joe Elias

Hometown:

Idaho Falls, Idaho

Medical School:

Baylor College of Medicine

PM&R Interests:

Musculoskeletal, sports, SCI, international PM&R

Outside Interests: Exploring Seattle with my new wife, camping/hiking/fishing, running, piano



Matthew Grierson*

Hometown:

Plano, Texas

Medical School:

Boston University School Of Medicine

PM&R Interests: Sports & Spine, Performing Arts Medicine (Dance Medicine)

Outside Interests: Dance, Outdoor Adventures, Cooking



Andrew Hsu

Hometown:

San Antonio, TX

Medical School:

University of Texas Medical School at San Antonio

PM&R Interests: Spinal Cord Injury, MSK, Sports, Amputee, EMG

Outside Interests: Tennis, Biking, Football, Outdoor activities, Coffee, Craft beer



Elana Katz*

Hometown:

Philadelphia, PA

Medical School:

Univ. of Pennsylvania

PM&R Interests:

Peds Rehab, MSK, Cancer Rehab, Rehab Policy

Outside Interests: Eating, cooking, exploring Seattle, travel, happy hours, dancing, being moderately outdoorsy



Levi Miller*

Hometown:

Denver, CO

Medical School:

Texas College of Osteopathic Medicine

PM&R Interests: Interventional Pain/Spine, Electrodiagnostics, Osteopathic Manipulative Treatment, MSK

Outside Interests: Records & Caphonous Music, Chinese Internal Martial Arts, Homebrew & Coffee & Chess, Mountain Stuff



Nathan Rosenberg

Hometown:

Milwaukee, WI

Medical School:

Univ. of Vermont College of Medicine

PM&R Interests: Peds, spasticity, MSK

Outside Interests: Spending time with my wife and son, farmer's markets, sustainable agriculture, ultimate frisbee, snowboarding, jazz, good beer



Kirk Whetstone

Hometown:

Columbus Ohio

Medical School:

Wright State Univ. Boonshoft School of Medicine

PM&R Interests: Stroke, Inpatient Rehab, MSK

Outside Interests: college football, college basketball, tennis, racketball, hiking, camping, traveling, cooking



*completed R-1 year at the UW

WELCOME NEW FELLOWS

Leah Concannon

Sports Medicine Fellow

As many of you are aware, Dr. Concannon completed her residency training in PM&R here at the UW. The sports medicine fellowship, under the direction of Dr. Mark Harrast, was recently accredited by the ACGME.



Isaac Hernandez

SCI Medicine Fellow

Dr. Hernandez completed his PM&R residency training in PM&R at Baylor College of Medicine. He joins us as our Spinal Cord Injury (SCI) Medicine Fellow under the direction of Dr. Steve Stiens.



Christian Shenouda

TBI Fellow

Dr. Shenouda completed his PM&R residency training at the Baylor College of Medicine. He joins us as the first Traumatic Brain Injury (TBI) Fellow under the direction of Dr. Kathleen Bell.



To learn more about our Fellowship Programs, please visit: <http://rehab.washington.edu/education/fellowship/>

WALTER C. STOLOV, M.D.—50 YEAR CAREER MILESTONE

Several career celebration events were held in honor of Walter C. Stolov, M.D., Professor Emeritus, for 50 years on faculty in the UW Department of Rehabilitation Medicine and medical staff at UWMC.

At the June 3rd UWMC Quarterly Staff meeting, Dr. Stolov was presented with a framed certificate and much applause. He gave a short presentation on then and now at the UWMC.

At the June 14 Department faculty meeting, Dr. Stolov was given a marvelous gift vase with an inscription emphasizing his 50 years at the UWMC and the Department. Dr. Stolov was much surprised and embarrassed by a standing ovation.

On June 19th, the residents presented Dr. Stolov with a certificate of appreciation for his 50 years of commitment to resident education; he has been involved with the education and training of 342 PM&R residents.

On June 24th, the UWMC clinic and therapy staff honored Dr. Stolov with a lunch.

Finally, on June 30th, Dr. Stolov conveyed his return thanks by taking the entire UWMC clinic, nursing and therapy staff to Ivar's for a happy two hours.

Dr. Stolov began his career in PM&R at the University of Washington in 1960. He started as an Instructor and advanced to Professor in 1970.

From 1967 – 1970, he served as chief of PM&R at the US Public Health Service Hospital on Beacon Hill in Seattle, a University of Washington affiliate. In 1977, he became the Director of Electromyography and Electrodiagnostic Medicine (EMG) Laboratory. During his tenure as Director, he was responsible for establishing the clinical somatosensory evoked potential and surgical neuromonitoring programs.

In the 1971 – 1972 academic year, Dr. Stolov took a sabbatical to study muscle contracture

with Dr. Fritz Buchthal, a world-renowned Professor of Neurophysiology, at the Institute for Neurophysiology at the University of Copenhagen.

Dr. Stolov served as Chair of the Department of Rehabilitation Medicine from 1987-1999, preparing the department for the 21st Century.

Among Dr. Stolov's innumerable accomplishments, he has authored/co-authored over 100 publications in electrodiagnostic and physical medicine, as well as muscle contracture. In 1987, he was awarded the Distinguished Clinician Award from the American Academy of Physical Medicine and Rehabilitation (AAPM&R). In 2001, he was the recipient of the American Association of Electromyography and Electrodiagnosis Lifetime Achievement Award. He also served on the American Board of Electrodiagnostic Medicine as Secretary for 3 years.

Congratulations on an impressive 50 years, Dr. Stolov!



Dr. Stolov in 1965



Dr. Stolov at the June 2010 Dept Faculty meeting

FACULTY AWARDS AND HONORS

8 faculty members among *Seattle* magazine's Top Doctors



Drs. Kathleen Bell, Stanley Herring, Kenneth Jaffe, George Kraft, Teresa Mas-

sagli, Ib Odderson, Maria Reyes, and Lawrence Robinson were all recognized in [Seattle](#) magazine's 2010 Top Doctors issue.

Seattle magazine compiled their 10th annual peer-recommended roster of doctors by mailing surveys earlier this year to more than 10,000 physicians in

King, Pierce, Snohomish and Kitsap counties. The survey asked physicians to name the provider they would recommend to loved ones, regardless of hospital, clinic or health plan affiliation.

Seattle magazine's Top Doctors list and other articles are only available in print.

Dr. Shumway-Cook Wins APTA Award for Best Clinical Research Paper



Anne Shumway-Cook, PhD, Professor Emeritus, was the recipient of the Chattanooga Research

award from the American Physical Therapy Association (APTA) for her research report, "Falls in the Medicare Population, Incidence, Associated Factors, and Impact on Health Care."

The article was published in the April 2009 issue of the *Physical Therapy Journal*.

Co-authors on the paper included faculty members Marcia Ciol, Jeanne Hoffman, Brian Dudgeon, and Kathy Yorkston, as well as Leighton Chan, of the National Institutes of Health.

The Chattanooga Research Award goes to the best clinical research paper published in 2009.

Dr. Zumsteg Accepts Two Awards on Behalf of Harborview Medical Center

Jennifer Zumsteg, MD, Acting Instructor, was honored to accept two awards on behalf of Harborview Medical Center at the 2010 CleanMed conference in Baltimore.

While Dr. Zumsteg primarily attended this conference secondary to her research interests in sustainability in health care, she was also pleased to be there

representing the HMC Environmental Sustainability Steering Committee.

The Committee received two awards for the [Practice Greenhealth](#) Environmental Excellence Awards: Partner Recognition Award (for meeting self-identified environmental goals) and the Partner for Change Award (for

making significant and sustainable progress toward reducing waste, preventing pollution and eliminating mercury).

For each of these awards the organization will plant 100 trees in Haiti through Trees for the Future:

<http://www.treesftf.org/>

Faculty Promotions

We are pleased to announce the promotion to higher academic rank for the following members, effective July 1:

Promotion to Professor:



Dawn Ehde, PhD

Promotion to Associate Professor:



Aaron Turner, PhD



Shelley Weichman, PhD



Dr. Zumsteg accepting the environmental sustainability awards on behalf of HMC



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DEPARTMENT OF
REHABILITATION MEDICINE

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MAXIMIZING POTENTIAL
ACROSS THE LIFESPAN

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blaisr@uw.edu

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VISIT US ON THE WEB!

[HTTP://REHAB.WASHINGTON.EDU](http://rehab.washington.edu)

UW Department of Rehabilitation Medicine Banner Image by: Janet Schukar

WELCOME NEW FACULTY



Deborah Crane, MD, MPH

Deborah Crane, MD, MPH, joins the UW Rehabilitation Medicine faculty as an (Acting) Assistant Professor. As many of you are aware, Dr. Crane completed her PM&R Residency training as well as her ACGME accredited fellowship in spinal cord injury (SCI) Medicine here at the

UW. She will be an attending at UWMC and HMC and will have SCI outpatient clinics.

You may welcome Dr. Crane at dacrane@uw.edu

Donald Fogelberg, PhD, joins the faculty in the Division of Occupational Therapy (OT) as an Assistant Professor. Dr. Fogelberg earned his PhD in Occupational Science at the University of Southern California, where he also completed a two year post-doctoral fellowship working with a team conducting a randomized clinical trial of OT intervention designed to reduce the incidence of pressure ulcers in community dwelling adults with SCI. Dr. Fogelberg's research interests are focused on the causes and consequences of sleep disturbance among individuals with SCI.

You may welcome Dr. Fogelberg at fogelber@uw.edu

CALENDAR OF EVENTS

New *MS From A to Z* Episode airs 9/7, 8PM



The MSRRTC, in partnership with the National MS Society (NMSS), is presenting a monthly nine part series called *Multiple Sclerosis from A-Z*. The newest episode will air September 7 at 8PM. For more information,

please visit the [MSRRTC website](http://msrrtc.org).

State of the Department Presentation, 10/12

Open to UW Department of Rehabilitation Medicine faculty, staff, friends and colleagues:

DATE/TIME: Tuesday, October 12, 2010, 8:30 AM

LOCATION: UW Health Sciences Building, Rm. D-209

Please check our website for updates: <http://rehab.washington.edu>

Continuing Education

The following continuing education events have just been announced:

UW Physical Medicine & Rehabilitation Board Review Course

March 27—April 2, 2011
Hotel Deca, Seattle

The 26th Annual Justus F. Lehmann Symposium

May 20, 2011
Center for Urban Horticulture

Please check our website for updates:

<http://rehab.washington.edu/education>