Greetings UW Rehabilitation Medicine friends and colleagues,

We are pleased to announce the opening of our new comprehensive UW Medicine Multiple Sclerosis Center at Northwest Hospital. Patients from throughout the Pacific Northwest have sought care from our MS program for more than 30 years and we look forward to continuing to enhance their patient experience with our new state-of-the-art facility with convenient first-floor access and nearby parking. Please take a few minutes to learn more about our new clinic in this edition of the newsletter. We also hope you can join us for the Open House event on July 21—more details about the celebration may be found on page 6.

On July 1, the Department not only welcomed yet another group of outstanding residents, but two exceptional faculty members as well. Dr. Kevin Alschuler joins the department as our first-ever MS-dedicated psychologist at the new MS Center. Dr. Martin “Casey” Childers comes to us with exciting and ground-breaking research in the area of muscle diseases, specifically congenital myopathies and Duchenne muscular dystrophy.

Thank you for your continued interest and support of the department. Contact us at rehab@uw.edu with questions or comments.

Peter Esselman, MD, MPT
Professor and Chairman

On July 2, UW Medicine opened the doors to a new, dedicated, comprehensive multiple sclerosis (MS) center on the Northwest Hospital campus.

The facility is modeled on a multi-disciplinary clinic concept pioneered by UW Medicine. It is staffed by one of the region’s strongest concentrations of MS-focused specialists, including physical medicine and rehabilitation specialists, neurologists, and psychologists with special education and experience in MS management.

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The Center also includes other staff and healthcare providers trained to serve the needs of people living with MS, including MS-specialized nurses and rehabilitation counselors to help patients improve quality of life and daily function as well as preserve their employability. A clinic coordinator will also help facilitate patient referrals.

The first-floor location in the McMurray Medical Building at Northwest Hospital, will improve patients’ access to care, says Dr. Shana Johnson, assistant professor of rehabilitation medicine. “It’s a short, straight shot from the parking lot into the clinic – no more elevators or long corridors. I think patients will appreciate that,” Johnson says.

Many MS symptoms can make walking difficult. In fact, interpreting patients’ ambulation problems is a large part of Dr. Johnson’s job.

“You might expect that an MS patient falls because of weakness, but it can be due to foot drop, loss of balance, lack of safety awareness, motor fatigue, poor vision or many other factors,” she says. “To stop a patient from falling, you need to understand why they are falling.”

Dr. Johnson will co-direct the new center with Dr. Annette Wundes, a fellowship-trained UW Medicine neurologist who specializes in demyelinating diseases of the brain and spinal cord, such as MS and related conditions like neuromyelitis optica or other autoimmune diseases. “In the last few years, our treatment options for MS have dramatically improved, but these advances also make management of the disease more complex,” says Dr. Wundes.

“In a complicated disease like MS, there is nothing like one size fits all. Some of the newer medications control MS much better than before. But they also come with certain risks, and that’s where our special knowledge quickly comes into play,” Wundes explains. “How we use these drugs, and for which patients, and how we look at risks and benefits have all changed dramatically.”

The new center is equipped with an infusion suite and an education and resource center, and patients will have direct access to state-of-the-art MRI scans on the campus.

Patients also will work with Northwest Hospital’s physical, occupational and speech/language therapists, who are widely recognized for their expertise in neurologic rehabilitation. Treatment will include the use of Northwest Hospital’s Easy Street environment, a life-size replica of a city street, including a restaurant, supermarket, movie theater and home. Easy Street allows patients to experience real world obstacles in order to practice physical and cognitive skills for daily living.

One of the most important benefits for the center’s patients is the leading-edge research coming from UW’s globally-recognized Multiple Sclerosis Rehabilitation Research and Training Center, which ultimately helps transform MS care and treatment. Dr. George Kraft, professor emeritus of rehabilitation medicine, MS Society Lifetime Achievement Award recipient and one of the field’s most distinguished physicians and researchers, leads the research center. “We do groundbreaking research work at UW,” says Dr. Kraft. “For example, we were the first to recognize that fatigue is a problem with MS patients, and now everyone agrees it’s one of the most common problems.”

“Multiple sclerosis cases are as unique as fingerprints,” says Dr. Johnson. “It’s a huge spectrum, some with milder, some with more aggressive cases. Every patient’s cluster of symptoms, their progression, their treatment needs, their rehabilitation, is different. That’s why a multidisciplinary center with expertise in all those areas results in the best care for those patients.”

To learn more about the UW Medicine Multiple Sclerosis Center, visit nwhospital.org/services/ms_main.asp or call 206.598.3344 for an appointment.

Join us for the clinic Open House event on Saturday, July 21st. More details are included on page 6.
2012 Justus F. Lehmann Symposium a Success

The Department of Rehabilitation Medicine sponsors an annual symposium in honor of Justus F. Lehmann, M.D., who chaired the department from its founding in 1957 until 1986.

The 2012 JFL symposium focused on new technologies in rehabilitation. We were fortunate to have an outstanding group of speakers share their work and knowledge on a number of topics in the area, including: the future of technology in rehabilitation, technological advances in spinal cord injury, neural technology, prosthetic engineering, augmented reality technology, and mobile technologies. This year’s keynote speaker was Michael Boninger, M.D., Ph.D., professor of Physical Medicine and Rehabilitation at the University of Pittsburgh.

Save the date! The next JFL symposium will be on May 10, 2013.

2012 Stolov Fund Award Winners Announced

In honor of Dr. Stolov and his wife, the Walter C. and Anita C. Stolov Research Fund has been established to support research training through research projects within the Department. Congratulations to the 2012 recipients:

- Michael Burns, PhC, CCC-SLP
  PhD student, Rehabilitation Science
  “Communication in medical interactions: Perspectives of patients with communication disorders, their caregivers and physicians.”

- Torey Gilbertson, PT, DPT, PCS
  PhD student, Rehabilitation Sciences
  “Outcome measurement reliability and feasibility of neurogame therapy for improvement of dorsiflexion in children with cerebral palsy.”

- Anat Lubetsky-Vilani, MS, PT
  PhD student, Rehabilitation Science
  “Effect of surface condition and sensory deficits on sensory integration for postural control.”

- Jennifer Nash, MOT, OTR/L
  PhD student, Rehabilitation Science
  “Group Differences in parent and infant attachment behaviors in 6-15 month old infants with and without moderate to heavy prenatal alcohol exposure.”

- Sujata Pradhan, PT, PhD
  Lecturer, Division of Physical Therapy
  “A simultaneous cognitive and physical virtual game intervention for individuals with mild to moderate Parkinson disease.”
CONGRATULATIONS TO THE PM&R RESIDENT CLASS OF 2012

Congratulations to the UW Physical Medicine & Rehabilitation (PM&R) Resident class of 2012. The graduation ceremony was held on June 23, 2012 at the Center for Urban Horticulture.

Back Row:
Andrew Murray, Molly Fuentes, Jared Olson & Brian Brendel

Front Row:
Venus Azimi, Elaine Tsao, Samantha Kanarek, Alison Putnam & Kathleen Davenport

WELCOME NEW PM&R RESIDENTS

We are pleased to welcome another group of outstanding residents to the UW PM&R Residency training program.

R2’s:
Back Row:
Cody Gillenwater*, Harim Kim, Deven Karvelas & Jonathan Morrill*

Front Row:
Rebecca Speckman, Margaret Jones*, Adrielle Fry, Robynne Braun & Debbie Tan

*completed R-1 year at the UW

Interns:

From left to right:
Ryan Solinsky, Brian Snitily & Nathan Olafsen
**Faculty News, Awards & Honors:**

**Faculty Promotions—Effective July 1, 2012**

**Jo Ann Brockway, PhD,** is promoted to clinical professor. Dr. Brockway’s clinical interests include helping patients learn to live with traumatic brain injury, spinal cord injury, amputation, anxiety, depression, pain management and self-management of disability.

**Marla Kaufman, MD,** is promoted to clinical associate professor. Dr. Kaufman specializes in non-operative spine and musculoskeletal care, sports medicine, and electrodiagnostic medicine. She is a provider at our UW Medicine Sports and Spine Center at UWMC as well as the Seattle Sports Concussion Program at Harborview.

**Sarah Westcott McCoy, PT, PhD,** is promoted to professor. Dr. McCoy teaches courses in pediatric physical therapy in the DPT program. She also mentors DPT and PhD in Rehabilitation Science students in their research and clinical projects.

**Christopher Standaert, MD,** is promoted to clinical professor. Dr. Standaert specializes in non-operative spine and musculoskeletal care, sports medicine, and electrodiagnostic medicine. He is a provider at our UW Medicine Sports and Spine Center at Harborview.

**Dr. Shana Johnson,** assistant professor, and **Dr. Annette Wundes, assistant professor (neurology),** co-directors of UW Medicine’s Multiple Sclerosis Center, share the latest news on multiple sclerosis (MS) treatment and research on Patient Power radio. Patient Power is a series of webcasts designed to help patients take charge of their health by connecting the audience with featured expert physicians and healthcare providers as well as inspiring patients and their family members.

Listen to the program, “Treat Multiple Sclerosis: Where are we now, where are we headed?”

**Drs. Hammond and Goldstein Honored by Spinal Cord Injury Academy**

Two of our VA physicians have been named by the Academy of Spinal Cord Injury Professionals (ASCIP) to receive top awards. **Dr. Margaret Hammond,** professor and Chief Consultant, Spinal Cord Injury and Disorders (SCI/D) Services, will be the inaugural recipient of the 2012 ASCIP Leadership Award. This award recognizes outstanding leadership in the field of Spinal Cord Medicine, through the development of programs, policies, research, and promotion of expertise in the field of SCI Medicine. **Dr. Barry Goldstein,** professor and Deputy Chief Consultant for SCI/D Services, will be the recipient of the 2012 ASCIP Excellence Award. This award honors leadership and expertise in Spinal Cord Medicine that has positively impacted individuals with SCI and their quality of life. The awards will be presented at the ASCIP national conference in Las Vegas in September.

**Dr. Moritz: DARPA Young Faculty Award**

Chet Mortiz, PhD, assistant professor, was recently selected for a DARPA Young Faculty Award. The program aims to identify and engage rising stars in junior faculty positions and provide high-impact funding to these elite junior faculty early in their careers. Dr. Moritz’s research strives to develop treatments for injuries to the brain and spinal cord using neural engineering technology. The goal of this funding is to improve hand function by recording activity in the brain and using it to trigger stimulation of the spinal cord below an injury. This neuroprosthetic circuit may also help to guide regeneration of the damaged central nervous system.

**Dr. Johnson Featured on Patient Power**

Dr. Shana Johnson, assistant professor, and Dr. Annette Wundes, assistant professor (neurology), co-directors of UW Medicine’s Multiple Sclerosis Center, share the latest news in multiple sclerosis (MS) treatment and research on Patient Power radio. Patient Power is a series of webcasts designed to help patients take charge of their health by connecting the audience with featured expert physicians and healthcare providers as well as inspiring patients and their family members.

Listen to the program, “Treat Multiple Sclerosis: Where are we now, where are we headed?”
We are sending this electronic newsletter via a U of W Mailman List.
To subscribe, please email us at: rehab@uw.edu

If you have feedback on this edition or an item that you think should be included in a future newsletter, please send an email to the editor, Randi Blaisdell:
blaisr@uw.edu

For those of you interested in seeing past issues of our newsletters:

MAXIMIZING POTENTIAL ACROSS THE LIFESPAN

WELCOME NEW FACULTY

Martin “Casey” Childers, DO, PhD, joins the department as a professor and provider at our UWMC clinic. Dr. Childers’ clinical interests include neuromuscular medicine, and botox injections for spasticity and cervical dystonia. Dr. Childers is also an investigator with the UW Institute for Stem Cell and Regenerative Medicine. His research is related to muscle diseases, particularly X-Linked Myotubular Myopathy (a very rare form of muscular dystrophy) and Duchenne muscular dystrophy. Dr. Childers completed his medical education at Western University of Health Science in Pomona, Calif., and his residency at University of Missouri, Columbia.

Kevin Alschuler, PhD, joins the department as an acting assistant professor and our first-ever multiple sclerosis-dedicated psychologist. Dr. Alschuler is based at our new UW MS Center located at Northwest Hospital and Medical Center. He works closely with patients on topics such as improving coping with MS diagnosis and symptoms, improving functioning and quality of life, and managing chronic pain. He is also an active researcher on similar topics. Dr. Alschuler completed his residency in clinical psychology at the Boston Consortium of Clinical Psychology and his rehabilitation psychology fellowship here at the University of Washington.

REHABILITATION MEDICINE VOLUNTEER DAY

A group of rehabilitation medicine faculty, staff, and residents volunteered for the Discovery Park Solstice Beach Clean-Up on June 16th. The group, aided by naturalists, helped clean a two mile-long stretch of beach as a way to give back to the local community. At the end of the afternoon, everyone agreed it was a great experience and also vowed to never use styrofoam again! We hope to make this an annual event; stay tuned for future announcements.

UW MS CENTER OPEN HOUSE!

Join us for the opening of the UW Medicine Multiple Sclerosis Center on the Northwest Hospital campus. Come see our new space, learn about our services, meet the staff and visit our Easy Street environment, where MS patients will receive rehabilitation therapies. Refreshments will be provided.

Saturday, July 21 | 11 a.m. – 2 p.m.
McMurray Medical Building
Northwest Hospital & Medical Center

For directions and parking information, please visit: www.nwhospital.org/map