Greetings friends and colleagues,

The beginning of fall marks the start of exciting new developments in our Department. First, please join me in congratulating our outstanding faculty members who were recently awarded research grants. Notably, Dr. Chet Moritz’s team received funding from the Paul G. Allen Family Foundation for research into electrode stimulation of the spinal cord to restore hand and arm function after injury. A list of the Department’s recent grant awards can be found on pages 1-2. To learn more about Dr. Moritz’s research, please see page 6.

We also celebrated the opening of the new Sports Medicine Center at Husky Stadium, a 30,000 sq. ft. multidisciplinary clinic with providers from the Departments of Rehabilitation Medicine, Orthopaedics and Sports Medicine, and Family Medicine. To read more about this groundbreaking clinic, see page 3.

Please extend a warm welcome to the students entering our graduate degree programs – occupational therapy, prosthetics & orthotics, and physical therapy. These brilliant individuals represent the future of Rehabilitation Medicine. For more information on the incoming class, see pages 4-5.

Thank you for your continued interest and support of the Department. Contact us at rehab@uw.edu if you have any questions, comments, or contributions.

Peter Esselman, MD, MPT
Professor and Chairman

Spotlight: Recent Grant Awards within the Department

The Department of Rehabilitation Medicine is happy to announce the following grants awards for research in a variety of fields. Each PI is listed with the title of their research along with brief overview.

In addition, please see page 6 for the latest PCORI grants and an article spotlighting Dr. Chet Moritz’s work which has received funding from the Paul G. Allen Family Foundation.

Join the department in congratulating everyone on their excellent work!

Spotlight continued on page 2
Carolyn Baylor, PhD “Patient-provider communication for patients with communication disorders”- Train and implement effective communication for patients with communication disorders.

Charles Bombardier, PhD “The effect of aerobic exercise on cognition in multiple sclerosis”- First definitive study to test the theory that moderately intense aerobic exercise performed 3 days per week for 6 months can improve cognition in people with MS to a greater extent than non-aerobic stretching and toning.

Dawn Ehde, PhD “The Efficacy and Mechanisms of Cognitive Therapy Compared to Mindfulness-Based Cognitive Therapy in MS Pain”- Evaluate the potential efficacy of Cognitive Therapy vs. Mindfulness-Based Cognitive Therapy in controlling chronic pain.

Mark Harniss, PhD “World Health Organization Package 3 Rehabilitation Services”- Increase societal inclusion of individuals with disabilities through systematic review to increase available research findings.

Mark Harniss, PhD “World Health Organization Work Package 5 Assistive Technology”- Scoping studies to determine the research landscape of how the ADA has been empirically studied.

David Mack, PhD “A Cell Culture Model for Defective Neuron Function in Children with Autism Spectrum Disorder”- Examines the enteric nervous system to understand the physiological aspects of early-onset GI problems in ASD children.

Ivan Molton, PhD “UW Rehabilitation Research and Training Center on Promoting Healthy Aging for Individuals with Long-Term Physical Disabilities”- Promote healthy aging through the development of new knowledge and evidence-based interventions.

Chet Moritz, PhD “Synchronous stimulation and ChABC therapy to restore function after SCI”- Promote rewiring of neural circuits to enhance hand/arm function after incomplete SCI.

David Patterson, PhD “Controlling Pain after Trauma”- Test innovative and low-risk approaches to reducing post-op trauma pain.

Sujata Pradhan, PT, PhD “Multimodal cognitive and physical exercise program in an enriched environment for individuals with Parkinson’s disease”- Determine the benefits for individuals with Parkinson’s disease of exercising in an enriched environment compared to exercising for an equivalent amount of time with traditional exercises.

Sujata Pradhan, PT, PhD “Multimodal cognitive and physical exercise program in an enriched environment for individuals with Parkinson’s disease”- Preliminary work into the potential for combined cognitive and physical exercises to positively influence disease status in individuals with Parkinson’s disease.

Jeff Sherman, PhD “Expanding the Behavioral Medicine/Neuropsychology (Rehabilitation Psychology) Internship Track at HMC and SCH”- Interns will deliver mental health care to patients at HMC and SCH.

Aaron Turner, PhD “Postdoctoral Fellowship in MS Rehabilitation Research”- Train rehabilitation professionals to be independent rehabilitation scientists.
New Sports Medicine Center Opens at Husky Stadium

With the grand opening of the newly renovated Husky Stadium comes a new home for sports medicine at UWMC. Under the leadership of Stan Herring, MD, Director of the Sports, Spine, and Orthopaedic Health service line, this flagship clinic (one of many Sports Medicine Centers across the entire UW Medicine enterprise) opened its doors on September 9th.

This new Sports Medicine Center at Husky Stadium is 30,000 sq. ft. of clinical space at the south entrance of the stadium. It is a multidisciplinary clinic with providers from the Departments of Rehabilitation Medicine, Orthopaedics and Sports Medicine, and Family Medicine. Mark Harrast, MD, is the inaugural Medical Director of the Center and one of the 19 providers who see patients there. He is joined by fellow physiatrists in our Sports and Spine Division, including Alfred Gellhorn, MD, Nelson Hager, MD, Ellie Jelsing, MD, and Brian Krabak, MD.

This clinic, in addition to the other sports medicine centers across UW Medicine (at the HMC Ninth and Jefferson Building, Roosevelt Clinic, and the Eastside Specialty Center), will be a resource for any person with activity related pain or dysfunction. Though physicians that work out of the clinic provide care to professional and collegiate athletes as well as Olympians and other high performing athletes, they are there for the weekend warrior and general public too. So anyone with activity-related pain, be it from hiking, gardening, golf, or running a 5K or marathon, will feel comfortable having their care at the Center.

Some of the unique offerings at the Sports Medicine Center at Husky Stadium include musculoskeletal ultrasound for diagnosing muscle and tendon injuries as well as treating certain injuries with ultrasound-guided injections; regenerative treatments, such as PRP and autologous blood injections, for chronic tendinopathy; and special programs in Running Medicine and Sports Cardiology. In addition to the physicians’ clinic, there is an adjoining 10,000 sq. ft. Sports Performance Center which houses the Physical Therapy clinic with state-of-the-art rehabilitation equipment, including an anti-gravity treadmill, TRX, and a pilates station.

This clinic is groundbreaking in many ways, not the least of which is it’s patient-centered environment with expanded clinical hours from 7am—7pm on weekdays and 8am-noon on Saturdays.

Dr. Massaglì wins Distinguished Member Award

Dr. Teresa Massaglì, professor, has been awarded the Distinguished Member Award by the American Academy of Physical Medicine & Rehabilitation (AAP-M&R). She is the current director and past chair of the American Board of Physical Medicine and Rehabilitation (ABPMR) and is involved, among other things, in several ABPMR committees.

The award is given to members who provide top-quality service to the Physical Medicine & Rehabilitation specialty, often by taking parting other PM&R-related organizations. Congratulations Dr. Massaglì!
Welcome New Students!

Division of Occupational Therapy: MOT Degree Program

The incoming students to the Division of Occupational Therapy includes five men in the program which is a first in many years, and the students come from Michigan, California, Oregon, and, of course, Washington. Their majors range from Neuroscience to Post Production Animation and their undergraduate and other graduate degrees are from Smith College, Wellesley, Rice, Boston College, and many others including proud graduates of the University of Washington.

Division of Prosthetics & Orthotics: MPO Degree Program

The Division of Prosthetics & Orthotics faculty and staff warmly welcome the Class of 2015! Typically students who enter the two-year program have a variety of educational and professional backgrounds, and this year’s class is no different. Undergraduate degrees include kinesiology, biomedical engineering, biology, music, art history, and medical anthropology. Some of the new students have had careers as teachers, engineers, a musical instrument repair business owner and a horse riding instructor.

The second-year students have been encouraging the new students in multiples ways, including reaching out to the new students months ahead of time in order to help answer questions. Natascha Mangan, DRISO President, Class of 2014, says that they are “happy to get to know the enthusiastic first-year students and offer them advice and support as they navigate their way through the MPO Program and the University of Washington.”
Division of Physical Therapy: DPT Degree Program

The Division of Physical Therapy is pleased to welcome the 45 new DPT students, selected from an applicant pool of over 800. They enter the program with a diversity of backgrounds including exercise science, dance, teaching, and everything in between. Most are from the state of Washington but several states from across the country are also represented. They will do 8 quarters of coursework, followed by 9 months of clinical internships, and culminating with graduation in June 2016.

Back row left to right: Sarah Juul, Tyler Howe, Gavin Smith, Nick Ponzetti, Joe Morgan, Damien Schlobohm, Aaron Van Wieringen, Andy Wojcik, Michael Moore, AJ Koenig, Jeff Frisse

Third row left to right: Brian Shaw, Lexie Drechsel, Andrew Gray, Dave Bond, Samantha MacDonald, D. Aaron Keeney, Catey Whitlock, Melissa Winter, Stephanie Ludlow, Solana Haupt, Abigail Smith, Lauren Vercammen


Front row left to right: Claire Gonzalez, Madisen Clark, Erin Karalus, Sarah Suchla, Erica Bonilla, Jessica Robinson, Dana Hooper, Corrin Veiga, Sarah Bendit, Kiri Schultz, Jenna Nelson, Jackie Gfeller

New Rehabilitation Medicine Fellows

Please welcome these incoming Fellows to the Department!

Melissa Day
MS Psychology Fellowship Senior Fellow

Brendon Smith (not pictured)
HRSA Psychology Training Grant Senior Fellow

Katherine Sweet (not pictured)
Physical Therapy Resident

Mathew Grierson
Sports & Spine Fellow

Starlyn Hawes (not pictured)
HRSA Psychology Training Grant Senior Fellow
Research

PCORI Grants

Sally Westcott McCoy, PT, PhD, FAPTA has received funding for her work, titled *Developmental Trajectories of Impairments, Health, and Participation of Children with Cerebral Palsy*, on rehabilitation in children with cerebral palsy. The long term objective of this research is to provide families and service providers with information to aid in decision making about rehabilitation services for children, in order to produce the desired outcomes in the child.

Dawn Ehde, PhD has received funding for her work, titled *Improving the Quality of Care for Pain and Depression in Persons with Multiple Sclerosis*, which will test a patient-centered collaborative care approach to improve access to and quality of pain and depression care in individuals with multiple sclerosis.

Read more about this work [here](#).

Paul G. Allen Family Foundation funds Dr. Chet Moritz and Team

The Paul G. Allen Family Foundation has provided funding to develop an implantable device aimed at improving hand and arm function after spinal cord injury. The research team led by Dr. Chet Moritz (Assistant Professor in Rehabilitation Medicine) includes computational neuroscientist Adrienne Fairhall and computer scientist and engineer Joshua Smith, all members of the Center for Sensorimotor Neural Engineering. Together the group will record the intention to move from electrodes in or near the brain, and use these signals to control real-time stimulation of the spinal cord below the level of injury with the goal of restoring hand and arm function. This $1.5M Grant from the Allen Family Foundation will fund the pre-clinical testing of the approach in animal models in the Moritz lab over the next three years, with the long-term goal of translating the approach into human trials if successful.

Dr. Moritz and his colleagues were the first to demonstrate that activity recorded from the brain can be used to control direct stimulation of paralyzed muscles. They have subsequently turned their attention to intraspinal microstimulation, which results in less muscle fatigue and often evokes complex and highly-functional synergistic movements from single stimulating locations. Their most recent work has demonstrated that stimulation of the cervical region of the spinal cord is able to evoke robust movements of the hands and arms both before and after injury. This spinal stimulation may also confer therapeutic benefits when delivered via implantable electrodes. Animals receiving long-duration spinal stimulation are able to use their forelimbs better even after the stimulation is discontinued.

The Pacific Science Center in Seattle is showcasing Dr. Moritz’s group as part of an exhibit called Minds and Machines, on display until through November 2013 ([http://www.pacificsciencecenter.org/WellbodyAcademy/studio#current-exhibit-minds-and-machines](http://www.pacificsciencecenter.org/WellbodyAcademy/studio#current-exhibit-minds-and-machines)). Additional information about Dr. Moritz’s research can be found on his [lab website](#).
Faculty News, Awards & Honors:
Welcome New Faculty

Omar Bhatti, MD joins the department as Clinical Assistant Professor and physiatrist in the Sports and Spine Division. Dr. Bhatti aims to help his patients return to doing the things they love. His professional interests range from sports medicine to musculoskeletal ultrasound. His personal interests include running, hiking, playing soccer, and traveling internationally.

Aaron Bunnell, MD joins the department as acting Assistant Professor and Attending Physician. Dr. Bunnell strives to provide individualized care in order to help patients return to normal activities. His professional interests range from acute inpatient rehabilitation of stroke, spinal cord injury, and TBI to diagnosing neuromuscular diseases and teaching. His personal interests include photography, literature, and nature.

Ellie Jelsing, MD joins the department as Clinical Assistant Professor and physiatrist in the Sports and Spine Division. Dr. Jelsing’s goal is to help patients return to the activities that they enjoy the most. She is interested in all sports-related injuries. Outside of work, she enjoys recreational sports leagues and the outdoors.

Denise Li Lue, MD joins the department as Assistant Professor and physiatrist. Her professional interest include neurorehabilitation, multi-trauma debility, and joint replacements. When she’s not working she enjoys baking, cooking, travelling, and spending time with her family. (not pictured)

Jennifer Stevenson, MPH, PhD joins the Department of Rehabilitation Medicine as Assistant Professor and rehabilitation psychologist. Dr. Stevenson specializes in working with individuals who are recovering from critical illness or traumatic injury. She focuses her program of research on improving the management of anxiety in critically ill patients who are participating in early rehabilitation.

Keeping Up with Ultramarathoners

Dr. Brian Krabak, physician at the Sports Medicine Center, recently returned from an ultramarathon in Iceland where he conducted research and served as the race’s Medical Director.

The research examined footstrike patterns in ultramarathoners and the relationship between that and lower extremity injuries. Runners were videotaped in real time as they traversed Iceland’s varied landscape, logging distances equivalent to 1-2 marathons each day.

Caring for ultramarathoners takes Sports Medicine to another level as Dr. Krabak and the medical team sought to keep all participants safe and healthy.

The data collected has yet to be fully analyzed, so stay tuned for information on the results in future newsletters. In the meantime, Dr. Krabak continues to care for patients of varying activity levels at the Sports Medicine Center.
Robert Price, MSME

Our sincerest congratulations and gratitude are extended to Bob, who has recently marked 30 years of continuous service to the Department of Rehabilitation Medicine. Those of us who have worked with Bob are well aware of his exemplary work ethic, his tenacious problem solving abilities, and his dedication to the mission of the Department.

Bob joined the Department in 1983 to work with Drs. Justus Lehmann and Barbara deLateur as a Research Engineer and currently holds appointments as a Research Scientist and a Teaching Associate.

Thank you so much, Bob, for your excellent work! We are very fortunate to have you as a colleague.

Stephen Weinhouse, MS, CRC

Steve earned his Master’s Degree in Rehabilitation Counseling from San Diego State University in 1978 and began working at the University of Washington in 1980. He left the University for a short while but returned in 1983 as a vocational counselor for the department and has remained part of the rehabilitation medicine family ever since.

In 2001, he began working with the UW Employment program, specializing in vocational assessment, counseling and job retention for individuals with disabilities. Congratulations, Steve, on your 30th UW Anniversary and thank you for all the extraordinary work that you do to assist our clients to return to work.

Other notable anniversaries:

Kathleen M. Pinney has been with the Department for 25 years!

Mark Harniss has been with the Department for 15 years!

Aju Mathew has been with the Department for 10 years!

The following Staff members have been with Department for 5 years!

Susan Bonnell
Don J. Brandon
Silvia Christian
Mia Lynette Coleman
John Dineen
Laurie Ford
Kristen S. Kennedy

Please join us in congratulating everyone on their well-deserved accomplishments!

Conrad D. Kuehn
Elin M. Martin
Kathleen F. Matrone
John Mcclure
Tammi L. Olson
Maryam Soltani
Kara A. McMullen
Call for Alumni Updates

We love to hear from our former students, residents, and fellows. Please let us know what you’ve been up to!

Send an email to rnews@uw.edu with “Alumni Update” in the subject. Photos are optional, but appreciated.

UW Rehabilitation Medicine Alumni are now on Facebook.

Check out the official Facebook page: https://www.facebook.com/UWRehabAlumni

Save the Date!

March 16 - 22, 2014

31st Annual Review Course in Physical Medicine & Rehabilitation

Hotel Deca - 4507 Brooklyn Ave NE - Seattle, WA 98105

Online brochure and registration info available December 2013 at http://uwcme.org

Save the Date!

Justus F. Lehmann Symposium

May 29, 2014

HUB Lyceum Room

Please see additional information in the Winter 2014 newsletter

We are sending this electronic newsletter via a UofW Mailman List.

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