



Spring 2016

A-State PT Buzz

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Arkansas State University, Department of Physical Therapy

IN THE SPOTLIGHT

A-State PTA Program Celebrates 20 years!

A special congratulations goes to our Physical Therapist Assistant Program and its graduates as it reaches its 20th year! Here is a spotlight on the program as it reaches this milestone:

From the Fall 1995 CNHP Newsletter ---

“The PTA program was approved by ADHE on July 21, 1995. Thirty-three students are currently enrolled in pre-PTA classes on the Jonesboro campus. It is interesting to note that the majority of these students are non-traditional; that is, they are not recent high school graduates. Many of them are planning for a second or even a third career! As many as are eligible will apply during this semester and those who are accepted will be enrolled in the professional courses in the Spring 1996 semester. Accreditation activities for this program are underway and, if all goes well, we look forward to graduating as many as 24 students from this program by May of 1997.”

The 1st class of 21 students graduated in May of 1997. In the past 20 years, the PTA program has experienced a number of changes including a complete redesign of the curriculum, ebbs and flows in the number of applicants and graduates, and changes in faculty and program directors. Below is a summary of some of those changes:

Program Directors:	Nancy Waterman	1995-1997
	Steve Lesh	1997-2000
	Stephen Guffey	2000-2002
	Troy Thomas	2002-2005
	Becky Keith	2005-present
Faculty:	Roy Aldridge	Kim Collins
	Jim Farris	Stephen Guffey
	Amy Fowler Horne	Becky Keith
	Steve Lesh	Ashley Mott-Murphree
	Stacey Sloas	Cindy Strudrawa

**Troy Thomas
Kristie Vinson**

David Smith

Program Design:

1995-2000 2+0 model (application, prerequisites & PTA coursework combined over 2 years)

2000-present 1+1 model (1 year prerequisites, application, 1 year PTA coursework)

**Class size: Smallest class size of 8 in 2002
 Largest class size of 30 in 2012**

Number of total graduates to date: 438 (1997-2016)

A celebration reception will be held Saturday, October 15th as a part of PTA Alumni Day. Watch for future details!

Congratulations to our PTA program! We look forward to many more years of success to come!



Pictured above: Dr. Susan Motts, Grafton Harrell, Todd Hobson, & Dr. Stephen Guffey

Congratulations to Create@State Research Poster Winners!

We would like to congratulate DPT 2017 students Grafton Harrell & Todd Hobson for winning 1st Place in the Physical Therapy Graduate division for their poster, *"The Use of 405nm and 464nm Blue Light to Inhibit Listeria monocytogenes in Ready-to-Eat (RTE) Meat."* Dr. J. Stephen Guffey, Professor of Physical Therapy, and Dr. Susan Motts, Assistant Professor of Physical Therapy, mentored them in their research through the A-State Phototherapy Institute.

We would like to recognize the strong representation that our department enjoyed at the Create@State conference from the research groups of Dr. Cristy Phillips as well as Dr. J. Stephen Guffey and Dr. Susan Motts. Also, thanks to all of the DPT students who helped run the conference either through reviewing abstracts for inclusion or through moderating during the proceedings!

A-State Phototherapy Institute

We would also like to congratulate the A-State Phototherapy Institute on the completion of their new laboratory! Dr. J. Stephen Guffey, Professor of Physical Therapy, Dr. Susan Motts, Assistant Professor of Physical Therapy, and Dr. Junlin Zhang, Assistant Professor of Physical Therapy, as well as their research teams are enjoying the dedicated space and augmented equipment facilitating their work in Low Level Light Therapy interdisciplinary studies. We look forward to seeing the research that will come from this already productive group!

Bachelor of Science in Health Studies – Bridge Degree

The need for a bridge degree aiding PTAs and other professional programs in obtaining a bachelor's degree has been filled by the Professional Track of the new Bachelor of Science in Health Studies degree at A-State. Students study community health, support services, health care navigation, claims services, medical sales and patient services in preparation for employment in health related areas or entering a post-baccalaureate plan of study. More information on this degree is available on the College of Nursing & Health Professions website at: <http://www.astate.edu/college/conhp/departments/health-studies/index.dot>.



Pictured above: Callie Wright, Jordan Hood, Brandee Dykes, Assistant Professor Kristie Vinson, Crystal Andrew holding Sophia, Hayley Harris, Cory Fischer, Ronnisha Robinson, & Brittany Green.

"March for Babies" Fundraiser

Thank you to all of the sponsors and participants that made our March for Babies fundraiser successful! Over \$1779 was raised at the Physical Therapy Student Association cookout and the PTSA walk team enjoyed their special guest, Sophia!

Announcing the 2016 Convocation of Scholars Winners!



Pictured above, from the DPT Class of 2016, are Shelby Pickett, Chris Carter, Chelsey Howell, Lauren Rowe, and Samantha Wood.

We are proud to announce our top DPT and PTA students who were honored for the 2016 Convocation of Scholars Banquet!

DPT Program Academic Scholars (Top 10%): Chelsey Howell, Shelby Pickett, Lauren Rowe, Samantha Wood

Outstanding DPT Student Award: Chris Carter

PTA Program Academic Scholars (Highest GPA): Blake Carter, Sandra Lindsey

PTA Academic Scholars (Top 10%): Martello Cox, Riki Sisk

Outstanding PTA Student Award: Sidney Fritz

Alpha Eta: Blake Carter, Martello Cox, Sidney Fritz, Sandra Lindsey, Riki Sisk

Scholarships:

Dr. Latoya Green, Assistant Professor of Physical Therapy, was also honored at the Convocation of Scholars. She received the **Vollman Family Faculty Enhancement Fund** to attend a Myofascial Release seminar in Wilmington, DE.

Cory Fischer, DPT class of 2018, received the **Marie Deacon Landon Scholarship** for academic achievement in students of physical therapy, occupational therapy, or speech therapy.

Kaleb Brown, DPT class of 2017, received the **Bob and Frances Puryear Physical Therapy Scholarship** for students of Physical Therapy.

Also, Marshall McDaniel, entering the DPT class of 2019 in the fall, was the graduating student honored in the Bachelor of Science in Health Studies class of 2016. This is the relatively new PTA bridge degree mentioned above!

Congratulations to all of you! Well done!

PTA Alumni Day

Please save the date for PTA Alumni Day on Saturday, October 15th! There will be a free CEU (4 contact hrs) offered that day with a football tailgate to follow. This will also be the 20th year of the PTA program at A-State, which we will celebrate on PTA Alumni day as well (see spotlight above). More details to follow! Please check your email or the PT department webpage. The PTA program is also looking for speakers to enrich their curriculum! Any PTA alum that has a specialty certification, a novel treatment approach, or other experience that they would like to share with the students is welcome! If interested, please email Becky Keith (beckeith@astate.edu) with the topic, a brief description, as well as a few dates that would work for you. Thank you in advance for your participation!

Clinical Education Update

Thanks to all those who have attended or assisted with the Clinical Education Seminars held at our A-State Jonesboro Campus! Recent offerings have included:

- College of Nursing and Health Profession's 19th Annual Clinical Instructor Seminar on

April 8

- ArPTA's Regional Course in Vestibular Rehabilitation and Business Meeting on April 9
- APTA's Credentialed Clinical Instructor Program (CCIP) on April 16-17

Watch for further course offerings in the fall!
If you or anyone else is interested in becoming a clinical instructor, please contact Kristie Vinson at kvinson@astate.edu



Winners: Logan Arnold, Chris Lands, Logan Drake, and Jim Drake

2016 Golden Goniometer Golf Tournament

PTSA hosted the 2016 Golden Goniometer Tournament at Sage Meadows in May and raised approximately \$3400. The money will be used by PTSA for student registrations and travel to the 2017 APTA Combined Sections Meeting in San Antonio, TX.

PTSA would like to thank the following sponsors: Therapy Providers of Arkansas Hvtrol

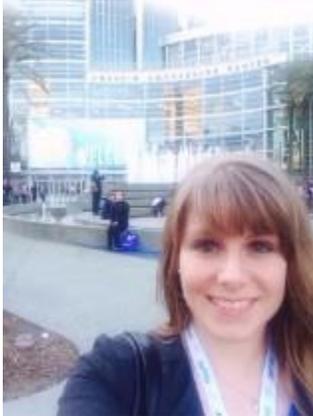
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Yoga for Veterans

DPT students under the supervision of Dr. Roy Aldridge, Professor of Physical Therapy, partnered with the Beck Pride Center for veterans in higher education to study the usefulness of yoga for improving physical function and stress in Veterans. A research study was conducted in Spring 2016 and will resume this Fall. Participation is free for all Veterans. Classes will be held in the Red Wolf

Center and all yoga will be taught by a certified yoga instructor. This study has been approved by the A-State Institutional Review Board of Human Subject Research under study number 832887-1. For more information on our Yoga for Veterans project please contact Angela Lewis at angela.cheesma@smail.astate.edu.



OPTimize Fall 2016

The Arkansas Physical Therapy Association is looking forward to the second annual OPTimize Conference & Exhibition to be held September 24 & 25, 2016 in Little Rock, Arkansas. We would like to encourage our alumni and students to attend and take advantage of the high quality speakers and innovative ideas in physical therapy! Angela Lewis (pictured left), DPT class of 2017, received the **ArPTA 2015 OPTimize Volunteer CSM Scholarship**, which enabled her to attend the APTA Combined Sections Meeting 2016 in Anaheim, California.

The Arkansas State Physical Therapy Program would like you to consider providing a tax-deductible donation to the program. Having a healthy budget ensures the viability of the physical therapy program. Our goal is to achieve \$100,000 in the next 5 years. We have approximately 575 alumni. If each alumni gave \$50/year for the next 5 years, we would surpass this goal. We encourage each person to consider giving \$50/year. Donations enable us to provide scholarships to students, buy needed equipment for our labs and update classrooms, just to name a few things. Send us your ideas on what would have enhanced your experience if we had “more money” when you were a student! We would love to hear your ideas! Donations can be made by clicking the *Donate* button below. Please be sure to designate your donation to "Physical Therapy Program" or one of the programs listed in our donation section above.

[Donate to the Department of Physical Therapy](#)

THANK YOU FOR YOUR SUPPORT OVER THE PAST YEAR!!!

For more information on our Healthy Agers or Scoliosis programs, please contact Dr. Drake at sdrake@astate.edu.

For more information on our Hippotherapy program, please contact Dr. Aldridge at raldrige@astate.edu .

For more information on our PT programs and much more, come visit us at www.astate.edu/conhp/pt or call us at 870-972-3591

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