25 years of Neurorehab at MedRehab Milestones

The Department of Physical Medicine and Rehabilitation announces the 25th anniversary of the opening of our first comprehensive outpatient satellite, MedRehab – Briarwood 4 and the Pediatric NeuroRehabilitation Program, now located at Milestones, Briarwood 2.

For 25 years, the faculty and staff at MedRehab have provided exemplary rehabilitation assessment and treatment to adults with orthopedic, musculoskeletal and neurological impairments. The highly skilled multidisciplinary staff of Physical and Occupational Therapists, Speech-Language Pathologists, Rehabilitation Psychologists and a Case Manager collectively have over 700 years of experience. They have treated thousands of patients over the past 25 years. MedRehab, in addition to traditional outpatient therapies, also hosts the following specialized programs:

- Comprehensive Adult NeuroRehabilitation & Stroke Program
- Outpatient Spinal Cord Injury
- Robotics & Technology programs including the Rewalk, Lokomat & InMotion Arm Robot
- DriveAbility Program
- LSVT Big & Loud program designed to maximize speech and motor skills in patients with Parkinson’s Disease
- Hand Therapy
- MPerform Program for Performing Artists
- Momeum & the Post Rehab Gym Clinics

The Pediatric NeuroRehabilitation Program (PNR), was developed to promote children and teens’ recovery from an acquired brain or spinal cord injury, focusing on return to school, social life and community activities. The PNR has treated well over 1000 patients, recently expanding to include children who are experiencing neurological deficits following surgery/treatment from cancer. The program employs the expertise of Physical and Occupational Therapists, Speech-Language Pathologists, a Rehabilitation Psychologist/Neuropsychologist, a Special Education Teacher, Program Case Manager, Art Therapist and Therapeutic Recreation Specialist to provide comprehensive, interdisciplinary treatment and support to children and their families as they manage the challenges of a disease or brain/spinal cord injury. The PNR also includes CHAMP: the Comprehensive Hand and Arm Movement Program, an evidence-based program to promote use of an impaired hand/arm in functional activities. Milestones’ acclaimed Patient Family Advisory Council ensures that patients and families are an integral part of the treatment teams.

The faculty and staff at MedRehab and Milestones extend our deepest appreciation to the patients and families we have had the privilege of working with over the past 25 years.
Presentations

- Jane Huggins, Ph.D. presented "Brain-Computer Interfaces: Making Science Fiction Real for 2014" as part of the Rehabilitation Grand Rounds at Rush University Medical Center, Chicago, Illinois, USA on the 25th of April 2014.

- This past May for two weeks, Carole Dodge, OTR/L, CHT was invited by the Macedonian Minister of Health to teach hand therapy in two cities, Skopje, and Bitola. While there she shared splinting techniques with therapists, had the opportunity to work with both adults and children, and met with the local arthritis patient advocacy group.

- Cindy Munday, PT, MPT, Physical Therapist at the U of M Spine Program presented at the 4th annual 'Healthy Approaches in the Training of Performing Artists' conference held September 6-7, 2014, at Chapman University in Orange, CA. She presented wellness strategies, including specific exercises, to help prevent pain and limit disability due to musculoskeletal overuse injuries. Overuse injuries affect at least 80% of musicians, even those as young as 10 years of age. Cindy is a member of the M-Perform committee and is also a member of PAMA, the Performing Arts Medicine Association.

Grants, Publications, Awards

- Jane Huggins, Ph.D. has been awarded Outstanding Reviewer Status by the Archives of Physical Medicine and Rehabilitation. This award recognizes people in the top 10th percentile in terms of the number of reviews completed for Archives of Physical Medicine and Rehabilitation in the past two years.

- Jane Huggins, Ph.D. was the co-guest editor of a special section of Brain-Computer Interface papers from the Fifth International Brain-Computer Interface Meeting in the Journal of Neural Engineering. She also co-authored one of the papers.


- Breast Cancer EDGE Task Force Outcomes:
  Evidence-based Cancer-related Fatigue Measurement Tools
  Wendy Farnen Price PT, MS, CLT, DPT; Deborah Doherty, PT, PhD, CEAS; Allegra Adams, PT, DPT; Emilee Bohde, SPT

- Allegro Adams, PT, DPT, and staff member on the Outpatient Physical Therapy Team at University Hospital, co-authored this article in the American Physical Therapy Association’s Rehabilitation Oncology Journal.

- Dr. Denise Tate, Ph.D. and colleague Marty Forchheimer, Ph.D. just published an article on cross cultural issues related to quality of life after spinal cord injury in Topics in Spinal Cord Injury Rehabilitation (volume 20 (3), Summer 2014)

  The article reviews some of the key issues with addressing the concept of QOL across cultures and populations. It also calls readers’ attention to the International Datasets and Standards for spinal cord injury including the new QOL assessment tool proposed by the International Spinal Cord Society (iSCoS) and the American Spinal Injury Association (ASIA).

- Dr. Seth Warschausky, Ph.D. who will be inducted into the University of Michigan Medical School’s League of Clinical Excellence. This League recognizes faculty clinicians who have excelled in clinical care, including clinical innovation and program development. Dr. Warschausky has done all of that while also building an international reputation for his research. I believe he is the first psychologist inducted into the league. Congratulations, Seth!

- Check out the new UMHS commercial, PM&R patients and staff are very prominent.
Publications, Grants, Awards

- **Noelle Carlozzi, Ph.D.**, Assistant Professor & Director of the Center for Clinical Outcomes Development and Application (CODA), and Dr. Praveen Dayalu, Assistant Professor of Neurology, who will be receiving funding from the Cure Huntington’s Disease Initiative (CHDI) Foundation to conduct a research study entitled “Enroll-HD: A Prospective Registry Study in a Global Huntington’s Disease Cohort”. Enroll-HD is a worldwide Huntington’s disease observational, prospective, multi-center study that aims to improve the understanding of and treatment of Huntington’s disease, a terminal, rare inherited brain disorder affecting physical, cognitive and emotional functioning. University of Michigan will be one of dozens of sites across North America, Latin America, Europe, Asia, Australia and New Zealand who are participating in the study.


- **Anna Kratz, Ph.D.**, along with Co-Investigators, **Susan Murphy, Ph.D.** and Tiffany Braley (Neurology) have received an R03 award from the NIH/National Institute of Nursing Research. The title of this two-year project is “Characteristics of Symptoms and Functioning in Multiple Sclerosis”. The goal of the project is to characterize the day-to-day variability and interactions between various symptoms (cognitive problems, pain, depressive symptoms) and examine how symptom burden impacts physical and social functioning in multiple sclerosis. This study uses ecological momentary assessment coupled with daily diaries to provide a unique view of the daily lives of people with MS.

- **Anna Kratz** has accepted an invitation from Editor in Chief, Dr. Mark Jensen, to serve on the editorial board for the Journal of Pain. The Journal of Pain, now in its 15th year or publication, is the official journal of the American Pain Society and has a 5-Year Impact Factor of 5.00.

- **Congratulations to JT Eckner, M.D.** on his Foundation for PM&R award for his proposal: "Evaluation of a Supervised Neck Strengthening Program in Young Athletes: A Potential Intervention to Reduce the Risk of Sport-related Concussion." This $30,000 dollar award is one of the Foundation’s Mid-Career Investigator Research Grants. It will support JT’s continuing line of work in looking at this important problem. Congrats JT!

- **Chandramouli Krishnan, Ph.D.**, for his recent R01 award: Wearable Embots to Induce Recovery of Function. Dr. R. Brent Gillespie (Mechanical Engineering) – Contact PI, Dr. Chandramouli Krishnan (PM&R), Dr. C. David Remy (Mechanical Engineering), Dr. William Durfee (Mechanical Engineering, University of Minnesota). CO-INVESTIGATORS: Dr. Daniel Ferris (Kinesiology), Dr. Arthur Kuo (Mechanical Engineering).


UM’s new Northville Health Center Featured In Detroit News

The University of Michigan Health System celebrated its Ribbon Cutting Ceremony on July 7, 2014 featuring its newest facility, the Northville Health Center. The new Northville location allows us to demonstrate our commitment to providing the ideal patient care experience by bringing specialty and routine care closer to home for patients in Metro Detroit. We’re excited to be joining a community filled with high-quality providers, and coordinating the best health care for our patients.

Click on the link below to view the article in the Detroit News:

Dr. Edward Hurvitz talks to UM tech Julie Agbabian in part of the Northville Center’s comprehensive musculoskeletal center. Northville
Kudos

The Cerebral Palsy Swagger

Hunter Gandee, 14, carried his little brother Braden, 7, who has cerebral palsy, from their hometown of Temperance, Mich., to the Ann Arbor campus with the aide of specially designed carrier strapped to his back in order to raise awareness for cerebral palsy.

The congenital condition prevents Braden from walking without assistance, so “we’re hoping to inform the up-and-coming leaders and possible doctors and medical researchers who can possibly develop new and innovative ideas and technology that will assist mobility,” says Hunter.

Magic Arm Comes to PRC

On Wednesday, August 28th at the Pediatric Rehabilitation Center, our wonderful Occupational Therapist, Casey Poupard, with the use of the Wilmington Robotic EXoskeleton (WREX), assisted Savannah in brushing her hair for the first time. Savannah has a condition called Arthrogryposis, which limits the joint mobility in her arms resulting in poor muscle development.

In preparation for Savannah’s visit, Casey was able to reach out to JAECO Orthopedic, the manufacturer for the WREX equipment, also known as the Magic Arm. They allowed us to borrow this state of the art device for a short trial period so that Casey could work with Savannah to improve the strength and coordination of her muscles. The WREX uses rubber bands for tension to assist people in functionally moving their arms with less effort required. In addition to brushing her hair, Savannah was able to eat cereal out of a bowl, color Disney Princess and high five her brother for the first time.

Casey stated that “This patient, family, and story are amazing! I feel extremely blessed to be a small part of Savannah and her family’s happiness.”

The entire Ann Arbor News article can be found at the following website:

O&P Fabrication Contest at the 2014 AOPA Assembly in Las Vegas, Nevada

This year’s contest is to fabricate a lower extremity Orthosis or Prosthesis that best reflects the entrant’s interpretation of “energy” as it applies to Prosthetics and Orthotics. The projects submitted will be judged on ingenuity, design, finish and function. All entries will require a statement that provides the contestant’s insights as to why they fabricated the specific design submitted. The contest was won by our own Nicole Gibson, a technician in the Orthotics and Prosthetics division, with her submission of an orthosis decked out in of course!, Maize and Blue, complete with colored tubes of liquid that lit up exuding energy of the Wolverine-kind. The shoe was donated by Addidas through the athletic department. Check out the pictures and congratulations to Nicole and to Jill Petkash, technician team lead, for encouraging Nicole to submit this cool AFO in a shoe!
2014 Residency Program Rankings

Congratulations to Dr. M. Catherine Spires and the Residency Program staff who has made it possible for us to have an outstanding residency training program! Recognition like this does not happen without you and your dedication. This certainly includes our dedicated faculty, but also includes everyone one of you in helping to give our residents a high quality educational experience. Special Kudos to Dr. Spires who makes this happen every day; to Dr. Miller and Dr. Kelly, who are there with her; to Tammy Wilely-Rice who keeps it going; and to Jim Leonard for his efforts all of these years before to grow the program into what it is now. Thank you to everyone for all that you do for our residents.

Congratulations to Dr. Johnathon Ho for achieving the highest score nationally on the EMG SAE test. Great job! He did a terrific job on the PM&R SAE as well—above the 95th percentile. Awesome.

Thank you Dr. Ho for your dedication and devotion to your medical career and learning. You are a great example to us all!

Dr. Hassan Berri, resident, started wrestling in middle school in a community free-style wrestling club that his father introduced him to around age 12. He ended up taking 2nd place in the state of Michigan during high school at 160lbs. He was recruited to wrestle for the University of Michigan in 2003 at age 17 and continued competing through to 2006. Dr. Berry was a back-up wrestler to the defending national champion Ryan Bertin at 157lbs during my first two years. He broke the starting line-up for the first time during the 2005-2006 season where he had to actually try to gain weight to wrestle at 184 lbs. when the opportunity presented. The biggest match of his career was one in which he was up against the number 2 nationally ranked Illinois wrestler at 184lbs. Outweighed and out-matched, I lost believe it or not, but if he had gotten pinned or lost by more points, we would not have earned the Big Ten dual meet championship in 2006 and that's where he can take a little bit of credit. Dr. Berry was able to earn a varsity Jacket and gain All Big-Ten academic team honors for the 2005-2006 season. He was a recipient of the U of M scholar athlete award all three years. As a team we finished in the top 10 nationally all 3 years I wrestled, most notably a 2nd place finish in the NCAA nationals in the 2004-2005 season. We were big ten dual-meet champions for those 3 consecutive years as well. Dr. Berry stated, “being a student-athlete in such a great organization with so much tradition was a great experience and quite a balancing act with much more carryover than one might think into the many responsibilities of being a physician”.

Service Excellence

The Annual Ice Cream Social and Researchpalooza held on August 27th at the University Hospital courtyard, were a huge success with dozens of exhibiting labs and departments, thousands of faculty and staff, and tons of fun.

UMHS employees enjoyed ice cream, snacks, free giveaways, musical entertainment, karaoke and more!

Drs. Chadd and Netzloff take part in the Karaoke festivities to the tune of “Ghostbusters”.

PM&R WINTERFEST—HOLD THE DATE

When: Thursday, December 4th from 6:30-9:30 p.m.
Where: Jack Roth Club, The BIG House (Michigan Stadium)
Who: For PM&R team members and 1 adult guest
Watch for emails with details and RSVP information
**PM&R 6th Annual Summer Picnic**

The 6th Annual PM&R Summer Picnic went off without a hitch. Hosted by Recreational Therapy and the rest of the 6A Rehab team, approximately 260 past and present patients, family, and staff gathered in Gallup Park on August 7th to celebrate a day out of the hospital. To kick off the morning, people participated in canoeing, kayaking and paddle boating on the Huron River. The remainder of the day consisted of fun, family, and fishing, along with many other events. The picnic themed food was prepared by the patients the day prior and the grills were a going with hamburgers and hotdogs.

The big red pavilion was full of current 6A patients, family, friends, past patients, nurses, therapists, doctors, and administrators. The grass area was lined with games such as corn hole, ladder ball, volleyball, Frisbee, fishing in the river, and lots of socializing. It was a
Transition your patients to PM&R’s Transitional Therapy Programs this Fall!

Did you know?
The Transitions Studio and the Pilates and Movement Studios on the Lower Level of 325 Burlington provide a variety of classes and services promoting health and fitness for our patients and the general public? We offer more than 20 medically based exercise classes and programs taught by degreed and certified professionals to assist participants achieve numerous benefits including:

- Improved body composition and body weight
- Increased muscle strength and endurance
- Improved cardiovascular fitness
- Reduced risk of heart disease, diabetes and cancer
- Lower blood pressure
- Healthier bones and joints
- Decreased stress and depression
- Increased flexibility
- Improved balance and agility

Did you know?
The Pilates & Movement Studio offers credentialed and highly experienced instructors and equipment to meet your patient’s needs. We have Pilates Reformers, Pilates Chairs, Cadillac and BioCored stations. If you haven’t seen the studio, schedule a tour with Britt Michel. brittm@umich.edu.

Did you know?
Adults 62 years and older have a better chance of maintaining their function and successful living if they are referred to one of our 6 “FUNctional Fitness for Older Adult” classes! We have over 60 older adults lifting weights, working on balance and agility and bettering their cardiovascular health by participating at least 2 times/week.

Did you know?
The Transitions Studio offers Personal Training for individuals facing a variety of health concerns. For example, if your patient is currently facing cancer, pre/post bariatric surgery, chronic pain, joint replacement, back pain, diabetes, aging or depression we are available to work alongside your health care team to assist you develop a successful exercise program when the time is right. Our experienced and caring team will help you identify beneficial exercises and practices to help you move forward despite physical and emotional challenges.

Did you know?
The Transition Studio is currently hosting exercise interventions for two NIH funded Internal Medicine Department research studies.

Did you know?
YOU can exercise in our Transition Studio for FREE! Yes, try us out FREE for 1 month and if you enjoy it stay on for $20/month! Certain restrictions apply. Convenient, Clean and a great staff! What more can you ask for! We are open 7:30-7pm M-Th and 7:30-6pm on Fridays. Contact Britt at brittm@umich.edu for specific rules and information.

Did you know?
Our staff is a group of health and fitness fans who would love the chance to work with your patient, a community member and YOU, our own PM&R staff and faculty!
Meet our Team! Transitional Therapy Programs

Britt Michel, CSCS, MES
Exercise Physiologist
Program Coordinator

Chrissy Parker, MS, CSCS, CET
Exercise Physiologist
PM&R Transitions Training Studio

Linn Sandberg
Pilates & Movement Studio
McEntire™ Pilates Certified Instructor
Pilates Method Alliance® Certified Teacher
BioCored™ Corrective XMT Certified Trainer
Stretch to Win® Institute Certified Fascial Stretch Therapist

Karen Kleiner, LMT
Yoga Instructor

Sara Randazzo, PTAC
Pilates & Movement Studio
Stott Pilates® Certified Instructor

Britt Michel, CSCS, MES
Exercise Physiologist
Program Coordinator

Lynette Rasmussen, OTRL
Pilates & Movement Studio
Stott Pilates® Certified Instructor
McEntire™ Pilates Certified Instructor
Pilates® Method Alliance Certified Teacher
BioCored™ Corrective XMT Certified Instructor

Clemente Herrera, BS, CPT
Fitness Specialist
Welcome New Therapists & Rehab Techs

Jordon Giroux, Rehab Tech
IP Rehab Team

Jill Gough, PT
IP Acute Care Team

Michael Smoot, OT
IP Rehab Team

Leta Nikulshina, Rehab Tech
IP Acute Care Team

Marcia Steels, Rehab Tech
Acute Care Team

Brian Pagett, PT
OP Spine Team

Kathryn Maximuik, Rehab Tech
IP Acute Care Team

Jackie Dalton, OT
IP Rehab Team

Ryan McCleery, Rehab Tech
OP Team
Welcome New PM&R Staff Employees

Rye Theriot
Patient Services Assistant
Supervisor, Sabrina Starks

Seong-Hee Yoon
Rehab Engineering
Supervisor, Donn Hilker

Matt Canter, Clinical Subjects Associate
Supervisor, Jen Miner

Siera Goodnight
Research Area Specialist Associate
Supervisor, Jen Miner

Kristi Pickup
Research Technician Associate
Supervisor, Jen Miner
Welcome New Faculty

Danielle Shapiro, Ph.D., has joined the faculty in the Division of Rehabilitation Psychology and Neuropsychology in the Department of Physical Medicine and Rehabilitation. Dr. Shapiro completed her undergraduate, graduate and post doctoral education at the University of Michigan. Her current research, focusing on gender and disability in children, emerged from her long-standing study of the role of gender in development, family dynamics, and childhood mental health. She joins the Early Childhood Assessment Program in the PM&R Pediatric Rehabilitation Center providing developmental and pediatric neuropsychological clinical services.

Welcome New Rehabilitation Psychology/Neuro Psychology Post Doctoral Fellows

Jessica Hinshaw, PsyD, (Adult Fellow Track)
Graduate School: Georgia School of Professional Psychology
Clinical Interests: Neurodegenerative disorders
Research Interest: Adaptive functioning devices; training strategies for enhancing cognitive decline
Clinical Interest: Neurodegenerative disorders, TBI
Home town: Atlanta, GA

Roger Erickson, PhD, (Pediatric Fellow Track)
Graduate School: Fuller Theological Seminary, Graduate School of Psychology
Internship: University of California Davis Medical Center, Department of PM&R
Clinical Interests: Rehabilitation Psychology and Neuropsychology
Research Interest: Verbal learning and memory in agenesis of the corpus callosum
Home town: Laramie, WY

Vilija Petrauskas, PhD, (Pediatric Fellow Track)
Graduate School: University of Windsor
Internship: University of Alabama at Birmingham
Clinical Interests: TBI
Research Interest: Construct validity of cognitive assessment tests
Home town: Toronto
Welcome New PM&R O&P Residents

Lindsay Deling, PhD, (Joint Pediatrics/PMR Fellow Program)
Graduate School: University of North Dakota (Grand Forks, ND)
Internship: University of Minnesota Medical School Psychology Internship (Minneapolis, MN)
Clinical Interests: Early Childhood Mental Health, Pediatric Psychology
Research Interest: FASD, Autism Spectrum Disorders
Home town: Rochester, MN

Darren Bolger, Prosthetic Resident
Mr. Bolger is a graduate of Georgia Institute of Technology Master’s in Prosthetics and Orthotics program and his undergraduate degree in Industrial Engineering is from Iowa State University.

Megan Tang, Orthotic Resident
Ms. Tang is a graduate of Georgia Institute of Technology Master’s in Prosthetics and Orthotics program as well as her Bachelor’s degree in Psychology.

Rachel Kaltner, Orthotic Resident
Ms. Kaltner is a graduate of the Eastern Michigan University Master's of Prosthetics and Orthotics program. Bachelor's of Science in Biology from Oakland University.
Welcome New O&P Staff Employees

Nicole Gibson
O&P Technician

Megan Zachar
CPO

Heather Wood
CPO, UH Acute Care Team Lead

Jennifer Trombley
Orthotic Assistant, UH Acute Care Team

No Photo: Kenneth Snowdon, Front Desk, Call Center
Nate Hinkle, Pedorthic Assistant, S. Main