

# Physical Therapy Alumni Newsletter

University of Toledo, BGSU, MCO



THE UNIVERSITY OF  
**TOLEDO**

## Spring 2021

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### ***Congratulations to the University of Toledo DPT Class of 2021!***



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### ***A Word about the Newsletter***

Welcome to the Spring edition of the Alumni Newsletter! This newsletter was put together by the Student Physical Therapy Organization (SPTO), with a bit of help from the faculty. We hope that this newsletter serves as a way to connect to our alumni, give updates about the UToledo DPT program, and let you know about upcoming events that may pique your interest.

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### ***Welcome to the University of Toledo DPT class of 2023B***

The class of 2023B are already underway on their first semester. Twenty-nine students started their DPT program in May 2021 with Anatomy, Introduction to Examination and Analysis of Movement I. Their curriculum looks a little different compared to recent graduates as they will be progressing through our newly organized 8-semester curriculum leading to December 2023 graduation.

See the next section for more information!

### ***Curriculum Updates – from Dr. Bouillon***

The Doctor of Physical Therapy program was recently notified by the Commission on Accreditation in Physical Therapy Education (CAPTE) of approval for our revised 8-term curricular model. This revision is a major accomplishment for our program. Our modified curriculum was changed from nine to eight semesters and includes 95 didactic credit hours and 18 credit hours (36 full-time weeks) of clinical education. Our new curriculum can be found on our UToledo DPT website, <https://www.utoledo.edu/hhs/pt/curriculum.html>. We were able to implement these curricular changes for the incoming cohort and these students are on schedule to graduate December 2023!

The rationale for the curricular revision is centered on the DPT Program's strategic plan related to optimizing efficiency and effectiveness in our DPT curriculum. Despite all the challenges related to COVID-19, the DPT faculty worked diligently throughout 2020 to create a revised model reflecting a more dynamic curriculum that will lead our graduates to becoming leaders in our profession through seven themes threaded throughout the curriculum:

- Communication
- Evidence-based practice
- Clinical decision-making
- Health & wellness
- Movement system
- Interprofessional collaboration
- Leadership

These curricular themes demonstrate a progression of learning, beginning with the basic science courses, followed by clinical sciences, patient management, and clinical education courses. The revised curriculum will be offered in the same hybrid model format as previous curriculum. Our curriculum has always been centered on our Program mission which is to improve the human condition through continuous leadership, scholarship, and service, and through preparation of physical therapists who will be influential contributors to an ever-changing health care delivery system. Our students will continue to learn by hands-on experiences and by the clinical partnerships in our community and beyond.

From the Program Director perspective, I am very proud of the work by the DPT faculty who met together and worked tirelessly to develop the eight-term curriculum. We believe that the revised curriculum will continue to build upon our excellent program outcomes. Moreover, the students will benefit by completion all graduation requirements one term earlier. A December commencement will allow students to seek employment at least three months earlier which will ultimately help them pay down student debt. I would like to extend a special thank you to the DPT core faculty, current students, and our community partners for the support of continuing moving the UToledo DPT program forward.

I wish everyone the best, and please do not hesitate to reach out and let us know how you are doing!

Cindy Bouillon, PT, PhD

(she/her/hers)

Associate Professor & Program Director

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### **Yeti Fundraiser**

Student Physical Therapy Organization (SPTO) and Student Occupational Therapy Association (SOTA) joined forces to raise money for the respective program by holding a virtual YETI raffle. The prizes ranged in value and included a Yeti Cooler filled with summer-themed items as well as various donations from generous local Toledo donors. The fundraiser was a huge success as SPTO and SOTA collectively raised \$8,450!

Thank you to everyone who organized this fundraiser and for those that supported by sharing to social media and/or purchasing tickets.



UNIVERSITY OF TOLEDO  
OCCUPATIONAL THERAPY AND PHYSICAL  
THERAPY PROGRAMS

### YETI RAFFLE FUNDRAISER

Just \$10 per ticket  
with 1st, 2nd and 3rd place prizes!

April 1st-24th  
Winners will be  
announced May 1st, 2021!

\*\*Local pickup in Toledo, OH or  
make arrangements with the  
sponsored student

See page 2 for  
descriptions of prizes



### **Shoe Fundraiser**

Thank you to all who was involved in donating shoes. We ended up raising over 1,000 pounds of shoes!

#### **What were the shoes going towards?**

Every pair of shoes helped raise money for the SPTO. The money is used to help the students have more opportunities for conventions, scholarships, and networking. The company that we worked with takes the shoes and sends them to poverty-stricken countries and sets them up to be entrepreneurs. The people who are in these dire situations can create small business opportunities for themselves and we directly helped them by collecting these shoes. The shoes are also sustainably recycled to these people in need of business. Not only did this help the students in the physical therapy program, but we are creating a sustainable environment and helping those in need.

### **Parkinson's 5K** - Written by SPTO secretary, Jenna Marie Hohman

In March 2021 SPTO and Delta Rho Tau at the University of Toledo hosted a virtual 5K to raise awareness of Parkinson's disease in which students chose to walk, bike, or run the 5K. Donations were accepted and went toward the Parkinson's Foundation of Northwest Ohio. With the support of faculty, peers, and family SPTO and Delta Rho Tau donated \$3,535.00 for the Parkinson's Foundation! As we develop a greater level of understanding of PD in our educational courses, we realize the importance of supporting research for the disease. As future physical therapists, we believe that exercise has an enormous influence on the progression of Parkinson's disease and can lead to a better quality of life for those affected by PD. We are happy to have raised awareness and funds to support the ongoing research of Parkinson's Disease and look forward to supporting the research of PD in years to come.





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### ***Lunch n Learn***

The purpose of Lunch and Learn meetings is to allow students to come together, enjoy lunch together, and expand their knowledge by listening to guest speakers. This semester, our Lunch and Learn was held virtually by Fusion PT, a travel physical therapy recruiting company. We discussed the pros and cons of working as a travelling PT as well as what Fusion has to offer.

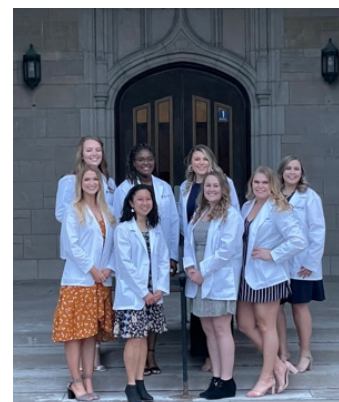
### ***PT Pub Night***

PT Pub Night is back! PT Pub Night was designed for us to get together over a pint or two and have great conversation. Nobody says it must involve Physical Therapy, but most of the time it does. The first PT Pub Night since the start of the Covid-19 pandemic was held in April at The Casual Pint of Toledo. Keep your eyes peeled for the next gathering!



### ***White Coat Ceremony***

This year was full of firsts! The first virtual white coat ceremony occurred this spring and it was a success. The Class of 2023 was able to join together on campus with faculty and a guest speaker to celebrate this step.



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### ***UT Alumni Corner - Where are they now?***



Heather Swain, PT, DPT (formerly known as Heather Zappala) graduated from UToledo's DPT program in 2016. She currently works in Phoenix, Arizona where she especially enjoys working with individuals who have chronic pain disorders and has worked on a team of therapists to develop a chronic pain program to improve patient care outcomes. Dr. Swain teaches the chronic pain lab section for her company's new graduate mentoring program as well as serving as an instructor for the company's lunch and learn programs. She is also CIDN dry needling certified, trained in Graston technique, and LSVT BIG certified. Dr. Swain's ability to speak Spanish is another valuable skill that she possesses as it has allowed her to regularly evaluate and treat Spanish-speaking patients.

Thanks for the update, Dr. Swain!

Heather Swain, PT, DPT

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### ***UT DPT Apparel***

Keep a lookout for the upcoming UT DPT apparel sale that will be held in the Fall 2021. This sale will be open to students, faculty, alumni, friends, and family. The sale will include PT-themed t-shirts, quarter-zips, polos and more. There is also an option of including "alumni" lettering as well. The apparel committee is looking to add a new logo that represents our occupation as PT's, so keep an eye out for some new apparel. All of the funds raise will benefit SPTO for student events and academics. Check your email for the link to order and remember the orders can be shipped directly to your house.

### ***Kroger Community Rewards Program***

Kroger has given the opportunity for different non-profit organizations in the area to sign up to earn money for their organizations just by shopping at Kroger like you normally would. By following the link below, create or log into your Kroger account, search for "UT FOUNDATION- STUDENT PHYSICAL THERAPY" either by name or FP511, and then click "enroll." By shopping at Kroger and using your Kroger Plus Card, SPTO earns rewards and Kroger donates money toward our organization that we can use to help give back! Please consider this quick and easy way to give back. To sign up, see the following link:

<https://www.kroger.com/i/community/community-rewards>.

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***We would love to hear from you!***

***Contact us!***

Email: [Tori.Smith@utoledo.edu](mailto:Tori.Smith@utoledo.edu)

### ***Photos from Each Class***



Class of 2021



Class of 2022



Class of 2023