



MOUNT ST. JOSEPH
UNIVERSITY*
Physical Therapy
Program

Mount St. Joseph University

Department of Physical Therapy

April 2024



Letter from the Chair

By Dr. Lisa Dehner



Happy Summer Everyone!

The program has experienced a lot of changes this Spring and Summer. Dr. Karen Holtgreffe and Dr. Marsha Eifert-Mangine retired at the end of the Spring semester which was a huge loss of experience and expertise. They are filling their time with travel, service and family and are doing great.

Both Karen and Marsha were awarded emeritus status so you can still reach them at karen.holtgreffe@msj.edu and marsha.eifert-mangine@msj.edu if you want to check in/say hi. We also lost Dr. Kim Perkins to a new job as the Manager of Rehabilitation at Shriners Children's Ohio. This new position is Kim's dream clinical job and if we had to lose her to anyone...we know the kind of impact she's going to have in the lives of so many children. She can be reached at Kimberly.perkins@shrinenet.org. We wish them all the best.

While the transition has been tough, and we are definitely missing our colleagues, we also have been very blessed to welcome two new faculty to the program. Dr. Monica Myers was introduced in January and has been such an amazing asset already as she transitioned to full-time at the beginning of May. I'm also thrilled to have Dr. Ellen Dilts, PT, DPT, CCS join our faculty this month (see her introduction below).

We were blessed to have all faculty on board last summer/fall as we started writing our self-study for our upcoming Commission on Accreditation in Physical Therapist Education (CAPTE) re-accreditation visit (March 2025). In the 'best of both worlds' category, we now benefit from having Monica and Ellen to add their expertise. While it's not easy to have so much transition in a CAPTE year, it's really brought us all together to focus on having a very successful self-study and visit. We'll definitely be reaching out to many of you to participate in our site visit in Spring.

Have a wonderful, restful?, and very joyful Summer.

Welcome to the Mount!

Dr. Ellen Dilts, PT, DPT, CCS

Dr. Lisa Dehner

We are so happy and grateful to have Dr. Ellen Dilts join us at the Mount as a full-time instructor. Ellen brings a wealth of experience from the acute care environment over the past 8+ years. She is ABPTS board-certified as a Cardiovascular and Pulmonary Clinical Specialist (CCS) and has worked at several prestigious institutions including Cleveland Clinic and The University of Texas MD Anderson Cancer Center to name a few. Ellen will be teaching our Acute Care and Cardiopulmonary Course, Foundational Science I which focuses on introductory injury and healing as well as Cardiopulmonary conditions, Basic Patient Care Skills (e.g., transfers, ambulation, wheelchair mobility, safe pt-handling) and our Special Topics which includes topics like burns/wounds and oncology rehabilitation.



Dr. Ellen Dilts

I became a physical therapist to help patients heal and improve their quality of life through physical activity. My first job as a physical therapist was on an ICU Team at a Level 1 Trauma Center which led to my interest in acute/critical care rehabilitation. I am originally from Pittsburgh PA, where I completed my undergraduate degree in exercise science at University of Pittsburgh and obtained my DPT at Chatham University. My husband and I have been in Cincinnati for almost two years and recently purchased our first home. In my free time I enjoy being outdoors, cooking, and travelling!

Celebrating Our Students

By Dr. Mike Obert



This summer, we marked some momentous occasions for our Doctor of Physical Therapy Program. In May, we celebrated the incredible achievements of our MSJ DPT Class of 2024, who have dedicated the last three years to mastering the science and art of physical therapy. Dr. Karen Holtgreffe was our keynote speaker who offered inspiring words of wisdom and advice to our graduates. As they received their hoods and crossed the stage, we acknowledged their resilience, intelligence, and commitment to becoming exceptional physical therapists. And we now welcome them as peers into our profession!

At our Convocation Ceremony, we also recognized several individuals for their achievements over the past few years. Dr. Rebecca Metz from Mayfield was honored with our Distinguished Physical Therapy Clinical Instructor Award. Two of our alumni were also honored with Community Awards; Dr. Charley Meade received the Alumni Physical Therapy Leader Award, and Matt Ernst earned the Distinguished Physical Therapy Administrator Award. Both gentlemen are with Oxford Physical Therapy.

We had four students who earned the Outstanding Scholastic Achievement Award – Ellie Fishlock, Jenna Swartzentruber, Courtney Niesen, and Chris Zody. Courtney Niesen was also awarded with the Outstanding Clinical Performance Award. Maegan McCarthy earned the Outstanding Professional Service Award. Finally, Jenna Swartzentruber earned the Program Award. Congratulations to all of these outstanding students and clinicians!



But the celebration didn't end there. We also proudly recognized another group of students – those who have completed their foundational coursework and are poised to embark on their clinical rotations – the MSJ DPT Class of 2025. During the White Coat Ceremony, they donned the symbol of our profession, signifying their entry into the world of patient care. At this ceremony, we recognized eight students as new inductees into the ACAPT National Student Honor Society – Abigail Denham, Anna DiLonardo, Hadley Faris, Haley Helling, Casey Hite, Brett Lange, Hunter Mills, and Jarod Sheff. Hunter Mills was also presented as the recipient of this year's MSJ DPT Alumni Scholarship. Both our Convocation Ceremony and our White Coat Ceremonies are pivotal moments in our students' careers, and we extend our heartfelt congratulations and unwavering support to both our graduating class and our soon-to-be clinicians.



Finally, students completing the first year of the program have the opportunity to apply for the Dr. Peter D. Mosher Book Scholarship. This scholarship, named in honor of our late faculty member, was established to provide a few key textbooks to our students who demonstrate an outstanding academic achievement and service to the Program, the University, or the Community. With the transition of our program to offering electronic texts, we have transitioned this award to providing a new tablet or laptop to allow our students to access our texts. This year, we would like to congratulate Annie Lohmeier and Jena Thayer as the recipients of the Dr. Peter D. Mosher Book Scholarship!



2024 MSJ 5K

By Dr. Christy Heinrich

We are thrilled to announce that the annual MSJ 5K Run/Walk is scheduled for Saturday, September 14, 2024! Mark your calendars and get ready to join us for a day of fun, fitness, and community spirit. This event is perfect for runners and walkers of all ages and abilities.

A promotional banner for the MSJ 5K Run/Walk. The background is dark blue with yellow diagonal stripes on the left and right sides. At the top, the text "REGISTER BY 9/1 TO GUARANTEE A T-SHIRT!" is written in white, slanted, bold font. Below this, the "MSJ 5K" logo is displayed in large, bold, yellow and white letters. To the right of the logo is a yellow tiger mascot. Underneath the logo, the text "MOUNT ST. JOSEPH UNIVERSITY®" is written in white, followed by "Saturday September 14, 2024 | 8:30 a.m." in white.

**REGISTER BY 9/1 TO
GUARANTEE A T-SHIRT!**

MSJ 5K 

MOUNT ST. JOSEPH UNIVERSITY®
Saturday September 14, 2024 | 8:30 a.m.

Here are the key details:

Event: MSJ 5K Run/Walk 2024

Date: Saturday, September 14, 2024

Location: Mount St. Joseph University

Time: 8:30 a.m.

Register here: <https://runsignup.com/Race/OH/Cincinnati/MSJ5K>

We can't wait to see you there!

MSJ Student Run Pro Bono PT Clinic

By Dr. Jamie Bayliss



Thank you to all of the patients, volunteer PTs, and students who participated in the 2023-2024 MSJ Student Run Pro Bono PT Clinic! Run by our own students, the clinic offers free services to anyone who needs physical therapy, regardless of their insurance coverage, or lack thereof or ability to afford co-pays.

Over the past 2 years we've provided over \$54,000 worth of PT services during 436 visits to community members between the ages of 13 and 89 years old. These individuals had various problems with their joints (shoulder, neck back, hip) and were recovering from and living with neurologic conditions such as stroke, spinal cord injuries and multiple sclerosis. Still other patients wanted help with their balance and to improve their strength to allow them to stay active and at home.

Please consider volunteering or referring patients! The Fall 2024 clinic runs from **September 17, 2024 to November 23, 2024** (Tuesdays evenings, 6-8:00pm and Saturday mornings, 9-11:00am). Please call or email if you are interested in being a volunteer PT overseeing the care provided by the students, OR refer a patient who has exhausted their insurance benefits or who could benefit from additional therapy.

Voicemail: 513-244-4282.

Clinic email: MSJPT.Clinic@msj.edu.

Alumni Spotlight

Dr. Sara Young, PT, DPT, DHS, Assistant Professor (Class of 2023)



Sara began working for Miami Valley Hospital (MVH) in Dayton, OH in January 2004. She was a PT on the inpatient rehabilitation unit and eventually transitioned into a brain injury specialist. Sara also served on a rotation of wheelchair clinics and took over the clinic in 2008, which she continues to run to this day. Sara returned to MSJ in 2006 and earned her transitional Doctor of PT degree in 2008.

In 2015, Sara took on the role of Site Coordinator of Clinical Education for MVH acute care, rehab, and outpatient PT and PTAs. In 2017, Sara began teaching as an adjunct instructor for a local PTA program. After the first day in the classroom Sara said, "I love this, the students listen and want to learn what I have to teach them." This was compared to the preschool and school-age sports and church classes she had previously taught. With this experience, Sara realized she wanted to eventually teach full-time and began working on her Doctor of Health Science in 2019. Sara just recently defended her dissertation on the knowledge of age-related changes in older adults and graduated with her DHS in May 2024.



Sara and her husband Jim (18 years) have 4 children. They enjoy camping, hiking, going on adventures, and attending various sporting events for each of the kids. Sara enjoys coaching swimming, diving, and soccer for her kids.

In January 2020, Sara became Program Director and Assistant Professor for Edison State's Physical Therapy Assistant (PTA) Program.

Sara enjoys teaching and loves seeing students grow into clinicians. Sara views teaching as a coach to guide her students along their learning journey. Her instructors at MSJ inspired Sara to connect with students and make learning fun. She often takes on the role of a patient to make classroom learning more life-like to prepare her students for patient care.

Advice for Current PT Students

Your education at MSJ is only the beginning, opportunities in the field of PT are endless. Pursue your passion and go after your dreams!

Annual Alumni Event

By Dr. Christy Heinrich



IN BETWEEN TAVERN
307 Sycamore, Cincinnati Ohio 45202 (513) 381-7777 www.inbetweentavern.com

**MOUNT ST. JOSEPH UNIVERSITY
PT ALUMNI EVENT 2024**

**OCTOBER 12, 2024
FROM: 6:30-9:30**

**RECONNECT WITH YOUR
FORMER FACULTY AND
FRIENDS!**

**CONVENIENT PARKING AT
GARAGE ON 3RD STREET**

Mark your calendars for October 12, 2024 from 6:00-10:00 PM to join us for a fun-filled evening at the In Between Tavern!

This event is a wonderful opportunity to reconnect with old classmates, enjoy a night of delicious food, great company, and nostalgic memories in the heart of Cincinnati. Whether you graduated last year or decades ago, this gathering is for all of us who have shared the memorable experience of being in MSJ PT Program. **Stay tuned for more details, including RSVP information!**

Are you also a Mount alum living outside of the OH-IN-KY region? We would love to hear from you! Click the button below to tell us a bit about yourself and your practice and we'll be in touch.

[ALUMNI UPDATE](#)

The Alumni Board continues to encourage your participation in supporting our program and engaging with fellow alumni as well as supporting students in their goal in becoming physical therapists.

Please consider joining in our efforts by donating to the PT Alumni Scholarship.

[DONATE](#)

Volunteers Needed

By Dr. Erin Hofmeyer



Do you enjoy helping others? Do you enjoy providing feedback to students? Have you ever considered yourself an actor?

The DPT program is looking for additional patient actors for simulated events and graded activities such as Hallmark Practical experiences. This is a great opportunity for some extra cash, assist with the professional formation of DPT students, and to help our students succeed in future clinical experiences.

If interested, please reach out to us at physical.therapy@msj.edu with your name, email, phone number, and dates or times that you can be available. We will ask additional details as needed for payment.

Support the Program and Students

We welcome donations to the DPT program of any amount. We use donated program funds to buy equipment and supplies for classes, laboratories and for the pro bono clinic. Click the button below to donate and select Physical Therapy Program. Thank you in advance for supporting the program!

DONATE



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