

# Physical Therapy

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# WELCOME TO UBC PHYSICAL THERAPY'S NEW LOOK.

The Division of Physical Therapy will become a Department of Physical Therapy, Faculty of Medicine effective July 1, 2007 and with this governance change we have developed a new logo and a new website www.physicaltherapy.med.ubc.ca. We were fortunate to work with an exceptional group of students from the UBC Sauder School of Business, Marketing Program to achieve this logo design. The fluid form accentuates that physical therapy is about movement, movement in research, education and outreach, and that our interests and influence have a global perspective.

The Division graduated our first MPT professional entry-to-practice graduates in November 2006 and the research graduate programs are flourishing. We have many new faces amongst our faculty and staff who bring complementary expertise to our already strong unit.

Planning for the Division to move into our exciting new space in the Friedman Building July 2008 is well underway. We look forward to your support in our fundraising initiatives to equip this new facility with state of the art technology which will facilitate both expansion of enrollment and educational linkages throughout BC.

Brenda Loveridge, Interim Head Division of Physical Therapy

# OUR MOVE TO THE FRIEDMAN BUILDING

mongst the many exciting happenings at UBC is the Adevelopment of the totally renovated Friedman Building which is on target for occupancy July 2008. This \$19 million renovation project funded jointly by UBC and the BC Government will house both the Department of Physical Therapy including all aspects of the MPT program as well as the School of Audiology and Speech Sciences. The three major laboratories dedicated for physical therapy will allow a doubling of the current enrollment and we look forward to welcoming an expanded class in fall 2008. The photographs included here represent one of two plinth labs and the multipurpose lab. We need everyone in the physical therapy community to support UBC's fundraising project to help equip and furnish this new facility to meet our expectations of having the finest facility for educating physical therapists in Canada. Please visit our updated website at www.physicaltherapy.med.ubc.ca for more details on the developments at UBC.



Friedman Building Renovation - physiotherapy roo



Friedman Building Renovation - multipurpose

# **World Congress of Physical Therapy**

Vancouver is home to the World Congress of Physical Therapy (WCPT) June 2-6, 2007. Physical therapists from around the world will meet to share knowledge about education, research and practice and to discuss important professional issues. Several members of our faculty and past students are presenting at this event and/or chairing several sessions of the congress.

# **Focused Symposia:**

- Breast Cancer Susan Harris, Convenor: "Breast Cancer and Exercise"
- Gait Analysis & Training Janice Eng, Convenor:
  "Stepping from Mechanistic Research to Practice"
- Global Health Elizabeth Dean, Convenor:
  "The First Physical Therapy Summit on Global Health"
- Pulmonary Rehabilitation Darlene Reid is a contributor to this symposium:
   "Fatigue, Injury and Training of the Inspiratory Muscles in COPD"

### Workshops:

Global Health: Workshop Organizer - Darlene Redenbach. Cross-cultural E-learning in Entry Level Physical Therapy Education: Maximizing Expertise and Resources Globally – (Speakers include Elizabeth Dean & Lesley Bainbridge).

Bone Health: Workshop Organizer – M. Pang (former UBC post-doctoral fellow). Janice Eng is presenting "Bone Health in Chronic Conditions: Implications for Physiotherapists".

Weaning ICU Patients: Elizabeth Dean is presenting "Walking: An Evidence Based Approach to Weaning Patients from Mechanical Ventilation in the ICU".

Pelvic Floor: Linda-Joy Lee (former undergrad student) is a presenting "Bridging the Gap: The role of the Pelvic Floor in Musculoskeletal and Urogynecological Function".

# **Platform Presentation:**

Lara Boyd is presenting "The Impact of Age and Stroke on Complex Motor Sequence Learning".

Meena Sran (UBC graduate) is presenting "Management and Prevention of Osteoporotic Fractures in Patients".

# NEW FACULTY PROFILES

### Dr. Linda Li

Dr. Linda Li recently joined the the Division of Physical Therapy as an assistant professor. Dr. Li is a physical therapist with extensive physiotherapy experience in rheumatology. Dr. Li came to UBC after finishing her PhD in Clinical Epidemiology at the University of Toronto and a post-doctoral fellowship at the Ottawa Health Research



Institute. Dr. Li holds the Harold Robinson – Arthritis Society Chair in Arthritic Diseases, a position created through a university endowment fund and Arthritis Society donations, it is the only position of its kind in Canada. As the Chair, Dr. Li works in collaboration with an interdisciplinary team of researchers in a number of key programs, including the Arthritis Research Centre of Canada. Her research focuses on factors that influence patients' decisions to seek treatment and the translation of this knowledge into clinical practice.

Linda moved to Vancouver from Ottawa with her husband Paul. Linda has in fact moved around a lot. She moved from Hong Kong late in her teens and lived in Ontario (Toronto, London, Hamilton and Ottawa) and Montreal before moving to BC. With each move, Linda has gained an appreciation of the natural beauty and diversity of Canada. In Vancouver, Linda and Paul love to explore the vast array of restaurants that Vancouver has to offer and watch movies of all genres, drama, comedy, classics, foreign films, you name it. In her few hours of 'me time', Linda enjoys working out at the gym.

Dr. Lara Boyd

Dr. Lara Boyd recently joined the Division of Physical Therapy as an assistant professor, coming to us from The University of Kansas Medical Centre. Dr. Boyd is a physical therapist and Canada Research Chair in Neurobiology of Motor Learning. Dr. Boyd's research aims to understand what



therapies positively alter patterns of brain activity after stroke. Her studies are among the first to comprehensively examine the patterns of brain activation as they relate to motor learning and the scope of rehabilitation. Dr. Boyd uses a combination of functional magnetic resonance imaging and transcranial magnetic stimulation to map changes in brain activity.

Dr. Boyd currently lives on campus with her family including two baby twin girls, Elle and Liv, who have absolutely renewed her fascination with studying learning! In her spare time, Lara runs, rides both road and mountain bikes, and snowboards and is delighted with all Vancouver has to offer in this regard. She is eager to get her girls on skis and bikes and hopes to set a new world record for youngest bike riders without training wheels. As for the weather, Dr. Boyd grew up in Oregon, where she learned to love the rain and doesn't think the weather here is all that bad.

# Dr. Teresa Liu-Ambrose

Dr. Teresa Liu-Ambrose joined the Division of Physical Therapy as an assistant professor. Teresa is a physical therapist who recently completed her PhD in Human Kinetics at UBC and a post-doctoral fellowship at Simon Fraser University. Dr. Liu-Ambrose's research program focuses on reducing the incidence of falls and fall-



related fractures in older adults. She uses a transdisciplinary approach to collaborate with various experts in psychology, neuro-imaging, geriatrics, kinesiology, and health care & epidemiology.

Dr. Liu-Ambrose graduated from UBC Physical Therapy in 1994. She has three children; Jamie (7), Caitlin (3), and Lauren (9 months) and a family dog Scrappy (8 years). Teresa is not only busy managing her research program at UBC, but also managers her son's hockey and soccer teams, and takes her three-year-old to rhythmic gymnastics. If there's any time left to spare, Teresa enjoys running.

# Section 2: People News

### **Dr. Alison Greig**

Dr. Alison Greig joined the Division of Physical Therapy as the Master's of Physical Therapy (MPT) Program Coordinator. Alison is a physiotherapist who recently returned to Vancouver after living in Australia for eight years. She completed her PhD at the University of Melbourne where she investigated the



relationships between vertebral fracture, thoracic kyphosis and postural control in individuals with osteoporosis. Alison is committed to the management and delivery of the MPT program, and maintains a strong interest in physiotherapy research, clinical work and teaching.

Alison is excited to be back in Vancouver with her family, friends and four-year-old Wheaten Terrier, Molly. Alison loves sailing, hiking and mountain biking, and has recently started enjoying snow sports again (skiing and snowshoeing) after years in Australia with few opportunities. However, Alison did make the most of opportunities to taste fantastic wine in Australia, and she is looking forward to finding out what B.C. has to offer. Other interests include travel, photography and yoga.

# **NEW STAFF PROFILES**

### Sheila Kwan

Administrative Manager Sheila joined UBC PT in August 2006. Her role is quite diverse. Her portfolio focuses on Finance, Student Services and Human Resources. Prior to UBC, Sheila came from the business sector, with over 20 years of management experience, mainly in the Airline and Tourism Industry. Sheila earned her Bachelor of



Commerce Degree from UBC. In her downtime, Sheila enjoys the quiet moments of reading and listening to music. She loves to travel and learn new cultures. Assuming the Administrative Manager role, Sheila is looking forward to moving PT forward and meeting the challenges ahead.

# Tamara Beresford MPT Program Assistant

Tamara joined the School of Rehabilitation Sciences in September 2005. In Tamara's new role as the MPT Program Assistant, she is responsible for managing PT student services, and assisting the Program Coordinator, Alison Greig, with managing the yearly planning of the curriculum.



Prior to Tamara's employment at UBC, she worked at Concordia University in the President's and Vice President's Offices for ten years and obtained a Bachelor of Arts in Sociology. Tamara relocated from Montreal to Vancouver, to be closer to the ocean and mountains, and much further away from the -50°C days. Sometimes however Tamara debates if the rainy days are any better!

### Kate Carty

Research Grants Facilitator Kate Carty recently joined UBC PT as the Research Grants Facilitator. She is responsible for managing the research grant portfolio of faculty members in the Division. Kate has a Master's in Kinesiology from the University of Western Ontario and several years of experience in health services



planning, project coordination, and health-related research and evaluation. Kate moved to Vancouver 10 years ago from Ontario and now lives in Maple Ridge (a heck of a commute to UBC). Kate has a seven-year-old son Lachlan. They enjoy hiking and biking in the local community. Kate also spends much of her spare time as a volunteer with Ridge Meadows Search and Rescue.

# FACULTY AWARDS/RECOGNITION/ACHIEVEMENTS

Congratulations to several members of our faculty who have recently been acknowledged by their peers, colleagues, academic and professional bodies for their outstanding contributions:

**Dr. Lara Boyd** received the Golden Synapse Award for the most outstanding paper in Neurologic Physical Therapy in 2006 by the Neurology Section of the American Physical Therapy Association for her paper entitled "Explicit information interferes with implicit motor sequence learning of both continuous and discrete tasks after stroke".

**Dr. Teresa Liu-Ambrose** won the prestigious Alison Wilson award for Research from the Royal Society of Canada and a Michael Smith Foundation Scholar Award.

**Tyler Dumont** won the 2006 Faculty of Medicine Clinical Faculty Award for Education.

**Dr. Janice Eng** was awarded the 2006 UBC Killam Research Prize in the Junior Science Category. This award is made in recognition of distinguished research and scholarly contributions of international significance. In 2007, Dr. Eng was appointed a visiting scholar at the National Taiwan University. **Ms. Lesley Bainbridge** is currently Principal pro tem of the College of Health Disciplines and Director, Interprofessional Education, Faculty of Medicine.

**Dr. Susan Harris** won the Enid Graham Memorial Lecturer Award for lifetime achievement from the CPA and was also recognized as a Distinguished Speaker in the Dept of Physical Therapy at St. Louis University in 2006.

> **Ms. Lesley Bainbridge and Dr. Susan Harris** won the 2007 Silver Quill award for Knowledge Translation Best Knowledge Translation Article in Physiotherapy Canada Published in 2006 by The Canadian Physiotherapy Association.

**Dr. Brenda Loveridge,** currently the PT Division Head and Co-Director of the School of Rehabilitation Sciences at UBC was awarded the

2006 Physiotherapy Association of BC Leadership Award. **Dr. Donna MacIntyre** was recently awarded an Honorary Membership from the Canadian Physiotherapy Association. This award will be presented to Dr. MacIntyre during the CPA Awards ceremony at WCPT in Vancouver on June 4th.

# STUDENT ACTIVITY HIGHLIGHTS IST YEAR STUDENTS UPDATE

Storm the Wall Winners - Submitted by Steven Lammers



# 2ND YEAR STUDENTS UPDATE

During the past year, we have been challenged to think critically in both theory and clinical course settings. We are currently translating this knowledge into practice through a wide variety of placements in provincial, national and international centers. From tertiary care centers in large urban cities, to pediatric facilities in rural areas of Mexico and India, students in the MPT2 program are engrossing themselves in these unique learning experiences and welcome the everyday challenges and responsibilities that characterize our roles as student therapists. Our dedication to evidenced-based practice is apparent and is substantiated by our dedication to the development of a series of systematic review articles. They aim to summarize current scientific evidence and support its relevance and applicability to physiotherapy practice. We expect that these reviews will reinforce the methodical foundation of our profession and ultimately will serve as a framework to guide future clinical practice.

In addition to the above mentioned accomplishments, one must also acknowledge the contributions that the MPT2 class has made outside of the classroom. We continue to show leadership in student government and liaise with administration for curriculum modifications. As a class we strongly support community fundraising initiatives and look forward to promoting the profession of physiotherapy as volunteers at the upcoming WCPT Congress this summer.

As we reflect on our experiences, 2007 marks the culmination of our MPT journey and the beginning of what promises to be a rewarding career as physiotherapists. As our time as at UBC quickly draws to an end we look forward with anticipation to the endless opportunities the future holds.

Osita Hibbert, MSc. Applied MPT2 Academic Rep

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# **RESEARCH GRADUATE STUDENTS UPDATE**

The year 2007 promises to be another busy year for the Rehabilitation Sciences graduate students. At present there are about 25 of us in total, many of whom have come from far away places to study here including South Africa, Israel, Australia, Spain... and North Delta. We are all at various stages of our Master's and PhDs with some of us currently taking courses, some preparing research proposals, others in the middle of data collection and an unfortunate few attempting to write theses. As a result, we are rarely all in the same place at the same time.

We would also like to take this opportunity to welcome the new graduate students who started in January. Dana is from Israel, where she started her PhD with Dr. Tal Jarus several years ago. Regina is originally from Ireland and will be doing her PhD in the area of policy and mental health with Dr. Lyn Jongbloed. Bubblepreet is most recently from Kansas and is doing her PhD in the area of neurology with Dr. Lara Boyd. Alanna is an MSc student doing a knowledge translation study on inspiratory muscle training with Drs. Darlene Reid and Linda Li. We look forward to getting together with you!

Finally, a note to all of you grad students out there. Because we are a bit of a disparate group, suggestions for grad student social get-togethers are always welcome. If there are any hikers, bikers, musicians or drinkers (coffee or otherwise) amongst us, then don't be afraid to send out invitations via the MSc and PhD group email addresses. Finally, thanks for all the personal profiles and photos you have sent in recently. Sharon has displayed them beautifully in the knowledge translation lab at UBC so come and have a look at the good-looking people that make up the graduate student body!

Christina Ekegren, PT, MSc candidate & Sharon Smith, OT, PhD candidate

# ALUMNI UPDATE: RE-CONNECTING WITH YOU

t is with great pleasure that we are reconnecting with the Therapy Community and our UBC alumni members as the UBC School of Rehabilitation Sciences embarks on another metamorphosis for excellence and growth.

There are those of you who will remember the humble beginnings of the School of Rehabilitation Medicine in the 1960's, in the beloved 'huts', and students became dual trained therapists. Others will recall the exciting transition to the new facilities on the third floor in the Koerner Pavilion in September 1981. The School split into distinct Occupational and Physical Therapy programs in 1985, and introduced a name change to become the School of Rehabilitation Sciences in 1992. The last dual trained therapists graduated in 1983. A major achievement in 1993 was the development of a research graduate Master's degree in Rehabilitation Sciences and in 2003 a new PhD program. With the national move to entryto-practice Master's degree programs, UBC enrolled its first class of 40 MPT and 40 MOT students in fall 2004.

We are poised to embark on another chapter for educating rehabilitation professionals. In Summer 2008 the Occupational Therapy and Physical Therapy Divisions will move into separate physical locations to facilitate expansion of enrolment. The School is up to the challenge! With the support of UBC alumni and the OT and PT community at large, we will continue to create a strong identity within the UBC campus and be able to offer you enhanced environments for continuing educational opportunities.

This fall we are inviting you to participate during the UBC Alumni Weekend, September 14 – 16th at UBC. Plans are in the works at the School with the help of alumni to host an evening Rehabilitation Sciences Reception on Friday, September 14th. Please mark your calendars now, call your classmates, and join us in bringing alumni and their enthusiasm back to UBC to celebrate our professional journeys and network with faculty and fellow alumni.

Speaking of reuniting ... reunions seem to increase in frequency as years pass. To assist classes, the UBC Alumni Association can offer you a class list, reunion-planning guide, and administrative support. Check out the website at www.alumni.ubc.ca. For those of you don't live in the Vancouver area, UBC Alumni Branches hold reunions for UBC graduates at locations across Canada and around the world.

See you in September!

Nancy Cho BSR '82 and Karen van der Hoop BSR '79

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Ν	lame:	Graduation Year:
A	ddress :	Email address:
	Mail to:	Physical Therapy Division, UBC, T325-2211 Wesbrook Mall, Vancouver, BC V6T 2B5 or email to: pt.alumni@ubc.ca

The Division of Physical Therapy at UBC has a strong and vibrant research environment. Faculty members have been extremely successful in securing research funding from local, national and international granting agencies. Currently our faculty members hold 40 grants totaling over \$14 million. Our research programs are well integrated with several of the worldclass research facilities established here in BC including: the Vancouver Coastal Health Research Institute (VCHRI), the Arthritis Research Centre (ARC); the Brain Research Centre; the Centre for Hip Health & MSK Research; and the International Collaboration On Repair Discoveries (ICORD).

# CURRENT PT FACULTY RESEARCH

# Arthritis Health Services Research and Knowledge Translation

### Faculty: Dr. Linda Li, lli@arthritisresearch.ca

Dr. Li's research program is located at the Arthritis Research Centre of Canada (ARC). Affiliated with UBC and VCHRI, ARC conducts consumer driven clinical research and trials related to arthritis diagnosis, prognosis, prevention, care outcomes and quality of life issues. Dr. Li is also an affiliated New Investigator at the CIHRfunded Knowledge Translation ICEBeRG (Improved Clinical Effectiveness through Behavioural Research Group), led by Dr. Jeremy Grimshaw. Dr.Li's research focuses on two areas: development of cost-effective health service delivery models for arthritis care, and the development and evaluation of knowledge translation strategies. The main goal of her work is to improve the care and quality of life of people living with arthritis.

# **Brain Behavior Laboratory**

Faculty: Dr. Lara Boyd, lara.boyd@ubc.ca

### Dr. Janice Eng, janice.eng@vch.ca

The Brain Behavior Laboratory, led by Dr. Lara Boyd, is located in the School of Rehabilitation Sciences on the 3rd floor of UBC Hospital. The Brain Behavior Laboratory examines the relationships between brain function and behavior after central nervous system damage from stroke. The Lab integrates two fields of study: the neurobiology of motor learning and the neural science of stroke recovery in order to understand how best to stimulate neural plasticity to facilitate motor learning and recovery of function after stroke or other forms of acquired brain injury. Ultimately, the goal of this work is to understand how the stroke-damaged brain learns in order to inform rehabilitation interventions.

# Older Adult Fall Prevention and Rehabilitation Program

Faculty: Dr. Teresa Liu-Ambrose, teresa.ambrose@ubc.ca Dr. Liu-Ambrose is a member of the UBC Brain Research Centre and a principal investigator of the CFI-funded Centre for Hip Health, located on the 3rd floor of the Willow Chest Centre at the VCHRI. The Centre brings together researchers from a wide range of disciplines to investigate and treat persons with hip fractures and osteoarthritis, and create new surgical solutions. Dr. Liu-Ambrose's research program focuses on reducing the incidence of falls and fall-related fractures in older adults, using a transdisciplinary approach, and collaborates with experts in psychology, neuro-imaging, geriatrics, kinesiology, and health care & epidemiology.

# **Pediatric Neurology**

Faculty: Dr. Susan R. Harris, susan.harris@ubc.ca

Dr. Harris' research is in the field of developmental disabilities particularly around the early identification of cerebral palsy and evaluation of the effectiveness of therapeutic interventions for high-risk infants and children with motor handicaps. This work takes place primarily in community settings, i.e. in schools, child development centres and in the homes of children and their families. Dr. Harris is also involved in research that explores the use and effectiveness of exercise in rehabilitation of women living with breast cancer and in communication between cancer patients and their health care providers, in collaboration with researchers from nursing and oncology.

# Rehabilitation Aimed at Muscle Performance & Muscle Biophysics Laboratory

Faculty: Dr. Darlene Reid, darlene.reid@ubc.ca

Dr. Donna MacIntyre, donna.macintyre@ubc.ca The Muscle Biophysics Laboratory located on the 6th floor of the Research Pavilion at the VCHRI, examines muscle performance using a variety of techniques including in vitro skinned fibre preparation and isolated vessel preparation to analyze immunohistochemical features of skeletal muscle. The Rehabilitation Aimed at Muscle Performance (RAMP) Research Team is exploring the dose-response of rehabilitative exercise protocols in the elderly with chronic disease(s) across the spectrum from molecular to clinical studies. The team is a core group of clinical and basic scientists with established collaborative links to the Orthopedic Trauma Team, Geriatric Medicine, Sports Medicine and Respiratory Medicine at Vancouver General Hospital and UBC.

### **Rehabilitation Research Lab at G.F. Strong**

Faculty: Dr. Janice Eng, Dr. Donna MacIntrye, Dr. Lara Boyd, Dr. Bill Miller, Dr. Tal Jarus, Dr. Armin Curt

The Rehabilitation Research Laboratory, led by Dr. Janice Eng, serves as a multi-user, interdisciplinary core facility dedicated to excellence in rehabilitation research. It is located at GF Strong Rehab Centre and is part of the Vancouver Coastal Health Authority. Dr. Eng studies the effect of neurological impairments and their rehabilitation treatments on human mobility, postural and locomotor control. Clinicians, faculty and graduate students access the Rehabilitation Research Lab for data collection and collaborative projects. Faculty members work closely with clinicians from Vancouver Coastal Health and the community, to develop collaborative research projects that bridge clinical practice and theoretical developments in rehabilitation.

# **Cultural Diversity and Health**

### Faculty: Dr. Elizabeth Dean, elizabeth.dean@ubc.ca

Dr. Dean's research focuses on the global crisis of lifestyle conditions (heart disease, smoking-related conditions, cancer, hypertension and stroke, obesity, diabetes, and osteoporosis) – their epidemiology and cross-cultural means of maximizing outcomes of health education and interventions. She conducts research in the Middle East and Asia as well as multicultural Canada. Currently, she is focusing on effective knowledge translation of existing and new knowledge by physical therapists to meet the health care needs of people globally in the 21st century.

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# CLAIRE ELIZABETH DIXON 1979 – 2007

Claire was one of UBC's promising first graduates from the Master of Physical Therapy program, November 2006. Her smile lit up the room and she was loved and respected by all. Claire excelled not only in her academic physical therapy subjects but also in all her clinical placements where she was repeatedly praised as having "great potential as a physical therapist". It is with great sadness that the physical therapy community mourns the loss of one of its talented new graduates.

Claire was born September 29, 1979, in Whitehorse, Yukon and died in January 2007 on the Wapta Traverse Icefield along with her soul mate, Cornelius (Kees) Brenninkmeyer of Toronto. Claire and Kees had embarked on a one-month traverse on the Wapta Icefield in Yoho



National Park. They had volunteered to be caretakers of the huts along the route. The trip was a much deserved holiday as both of them had been busy – Claire completing her Master's of Physical Therapy at UBC and writing her National Exam and Kees completing his Association of Canadian Mountain Guide training. The two left on their journey December 14, 2006. Along the way, the families had been sent e-mails and pictures from skiers who had encountered Claire and Kees. The pictures and comments indicated that Claire and Kees were happy and content, doing what they loved in the wilderness that drew them.

Claire was due to start her first job as a physiotherapist at Queen Victoria Hospital in Revelstoke on January 22 and Kees was to have begun his next guide training course. Claire was a fun loving, adventurous, kind, gentle, special person who lit up every room with her smile. She was excited to begin her new life with Kees. He was an athletic, humorous, adventurous and skillful man who obviously loved Claire deeply. They shared a love of the outdoors and especially skiing. They met four years ago while climbing Mount McKinley in Alaska.

# TALK TO US

Please send any comments to the Physical Therapy Division, University of British Columbia T325-2211 Wesbrook Mall Vancouver, BC V6T 2B5

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