

# THE Spotlight

Illuminating the physical therapy profession, our students, the lives of others and the world.

## DEPARTMENT OF PHYSICAL THERAPY

2021/2022 INAUGURAL REPORT



Baylor University

ROBBINS COLLEGE OF HEALTH AND HUMAN SCIENCES  
Physical Therapy

# Message from the Chair



The fall of 2020 was a time of uncertainty across the University, the profession and the world. When deciding how to move forward in the face of crisis and unpredictability, “strategic planning” doesn’t typically jump to the top of one’s list. But strategic planning is exactly what we decided to do here at **Baylor PT**.

As was the case with many things during that time, we planned, pivoted and replanned our strategic planning retreat. And while we had hoped to bring our faculty and staff together in person, it quickly became clear that would not be possible amid a global pandemic. But “hybrid” is what we do best, so in December 2020, we connected for three days of engaging work (on Teams!) to reimagine what physical therapy education could be at Baylor University. We emerged from that retreat with a new vision: *To be a nationally recognized leader in innovative, inclusive and transformative physical therapy education and practice.*

Over the last 18 months, we’ve been hard at work carrying out our mission to *advance societal health through innovative education, connection, inquiry and leadership in physical therapy*. We’ve evolved from a DPT Program to a **Physical Therapy Department**. We launched an **Orthopaedic Physical Therapy Residency** in collaboration with **Baylor Scott & White – Hillcrest**. We’ve added two new faculty positions, with a focus on building our Department’s research productivity and developing a new academic doctoral degree program. We created a Baylor PT alumni organization and established an endowed scholarship fund for our DPT students. We’ve developed the Bear CARE Council, an OT/PT student organization dedicated to diversity, inclusion and belonging. And we are in the midst of a DPT curriculum revision, to build upon the strengths of our existing curriculum and ensure continued excellence in our hybrid, two-year DPT program.

In a short time we’ve made some big progress, and we’ve only just begun. On behalf of the **Baylor University Department of Physical Therapy**, I’m thrilled to share some of that progress in our first ever annual report. We’ve named the Baylor PT annual report **The Spotlight**. Our goal is to illuminate the wonderful work of our faculty, staff, students and graduates, and showcase how they each shine their light on the profession and the world. I hope you enjoy their stories!

A handwritten signature in black ink, reading "Kendra Gagnon".

**Kendra Gagnon, PT, PhD**

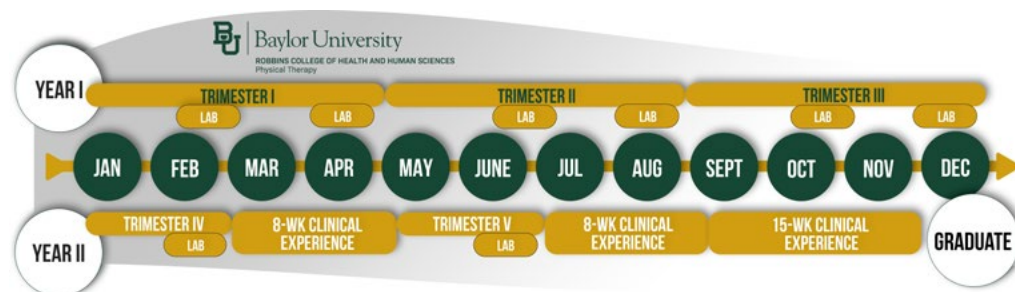
Clinical Professor & Chair,  
Baylor University Department of Physical Therapy

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# Baylor Faculty Shine a Light on Hybrid DPT Education

In the first known published research for a fully hybrid DPT program, eight faculty members collaborated on a case report in **Physical Therapy & Rehabilitation Journal** to describe the implementation and report early outcomes of Baylor's two-year hybrid program. Results were favorable—including employment, satisfaction and NPTE pass rates at 98%+ one-year post graduation.



Baylor University Doctor of Physical Therapy program academic calendar

We strive to provide excellence in hybrid education to our students. It's a feasible option that provides opportunities for more flexible and accessible delivery of DPT education. Outcomes of this case report suggest high student satisfaction, increased student/graduate diversity and graduate outcomes comparable to national averages as reported in the Commission on Accreditation in Physical Therapy Education (CAPTE) aggregate data.

## Congratulations to the Team of Authors!

Kendra Gagnon, PT, PhD  
Teresa Bachman, PT, DPT  
Brett Beuning, PT, DPT  
Shane Koppenhaver, PT, PhD  
Casey Unverzagt, PT, DPT, DSc  
Jessica Feda, PT, DPT  
Christy Gantt, PT, DPT  
Brian Young, PT, DSc

## Recent Scholarships, Achievements & Recognition

**Baylor PT faculty** published more than 50 peer-reviewed manuscripts in approximately 20 different biomedical and educational journals in 2021 and the first half of 2022.

**Baylor PT faculty** presented 14 professional presentations at the **2022 APTA Combined Sections meeting**—the largest physical therapy conference in the nation.

Congratulations to **Anne Boddy, PT, PhD**, who was recently elected to serve as Secretary for the Stroke Special Interest Group of the APTA Academy of Neurologic Physical Therapy.

**Lisa VanHoose, PT, PhD, MPH, FAPTA**, was recently named a Catherine Worthingham Fellow of the APTA, the Association's highest honor. Dr. VanHoose delivered the **Third Annual Lynda D. Woodruff Lecture on Diversity, Equity and Inclusion in Physical Therapy** on June 16, 2022.

**Emilio "Louie" Puentedura, PT, DPT, PhD**, was a featured speaker at the **International Congress of Physiotherapy (FTP22)** in Barcelona, Spain on May 27 -28, 2022.

Baylor PT Clinical Professor and Chair, **Dr. Gagnon**, was a featured guest on **Baylor Connections** on Waco Public Radio KWBU. Dr. Gagnon discussed our innovative hybrid DPT program and how its impact can be felt across the nation.

Congratulations to **Rich Severin DPT, PhD**, who was selected for the **Emerging Leader Award** by the Academy of Cardiovascular and Pulmonary Physical Therapy.

**Dr. Koppenhaver** was awarded \$160,000 from **Telemedicine & Advanced Technology Research Center (TATRC) Advanced Medical Technology Initiative (AMTI)** to support the dissertation research of his military PhD student.

Congratulations to **Dr. Unverzagt**, who was selected for the American Academy of Sports Physical Therapy Excellence in Education Award.

**Dr. Bachman** was recently named a **"Shining Star"** by the Texas Physical Therapy Association.

**Dr. Young** is the current Vice President of the **Imaging Special Interest Group** within the Academy of Orthopedic Physical Therapy.

# The Highest Honor

There's no greater honor in the APTA than becoming a **Catherine Worthingham Fellow**. In August 2022, **Lisa VanHoose, PT, PhD, MPH, FAPTA**, will be among those celebrated at an on-site award ceremony.

Being recognized as a Fellow of the APTA is an amazing honor," Dr. VanHoose said. "It is also a symbol. It's not just my award. It is the award of the shoulders of people that came before me. It's the award of my friends and of my mentors. All these people who pour into me, I wish there was a way for me to put their names around my name because there are hundreds of people who are part of me."

She commemorated one of those people on June 16, 2022, when delivering the third Lynda D. Woodruff Lecture on Diversity, Equity and Inclusion in Physical Therapy.

"Lynda D. Woodruff was actually a mentor of mine," Dr. VanHoose said a few weeks before the event. "She had reached out and left me a voicemail a couple of days before she passed.

And so to be able to be the third invited speaker for her lectureship is—I have no words."

"My goal is to not cry through the whole thing. ...

Lynda Woodruff was a force to be reckoned with.

She and another young man actually were part of the desegregation activities in her hometown in Virginia. I mean, she was a civil rights icon and she really led the way in the PT profession

of us diversifying the workforce, opening up more doors for people who look like me and her. And so I'm really excited. They are big shoes. I will not fill them, but I will put my little feet in them."

**"It is also a symbol. It's not just my award. It is the award of the shoulders of people that came before me."**

Dr. VanHoose is only the sixth Black physical therapist in 100 years of the organization's history to become a Fellow of the APTA. Since 1995, she has investigated workforce diversification and health disparities. As an NIH-, PCORI- and industry-funded researcher, Dr. VanHoose investigates socioecological models of cancer-related side effects with an emphasis on minority and rural cancer survivorship.

Clinical Professor Lisa VanHoose joined the Department of Physical Therapy at Baylor University in January 2022. She is a board-certified clinical specialist in oncologic physical therapy and was the founding president for APTA Oncology. She is also founder and executive director of the Ujima Institute and Foundation, which supports and promotes diversity, equity and inclusion. ■





# The Region's First

Baylor Physical Therapy has launched an orthopaedic physical therapy residency with Baylor Scott & White Medical Center – Hillcrest.

The Department of Physical Therapy at Baylor University has helped Central Texas obtain its **first orthopaedic physical therapy residency**. In March 2022, the residency program at **Baylor Scott & White Medical Center – Hillcrest** welcomed its first residents.

“This is a fantastic opportunity to experience early specialization in the field of orthopaedics,” **Trevor Carlson, PT, DPT**, director of the residency program, said. “This residency represents an opportunity to elevate orthopaedic physical therapy practice within our community.”

During the 12-month program, residents will build orthopaedic expertise by working with a diverse patient population and receiving clinical mentorship in multiple care settings at Baylor Scott & White – Hillcrest. Through Baylor University, residents also will complete coursework and participate in teaching and research opportunities with faculty in the Department of Physical Therapy. Upon successful completion of the residency, residents will be eligible to take the national board examination for specialist certification.

The orthopaedic physical therapy residency is undergoing accreditation by the American Board of Physical Therapy Residency & Fellowship Education (ABPTRFE) and will be the only

accredited orthopaedic residency between the Dallas-Fort Worth and Houston metro areas. There are currently seven accredited orthopaedic residencies in the state of Texas.

“The Baylor University Physical Therapy Department is thrilled to work alongside Baylor Scott & White – Hillcrest with a shared goal of advancing orthopaedic physical therapist practice,” **Sheri Dragoo**, PhD, Robbins College of Health and Human Sciences interim dean, said.

“This innovative program allows our faculty to share their advanced orthopaedic expertise with residents, while providing them the opportunity to teach into our entry-level Doctor of Physical Therapy program,” **Kendra Gagnon**, PT, PhD, chair of the Physical Therapy Department at Baylor University, said. “It is truly a win-win for our faculty, students, the Waco community and the physical therapy profession.”

The program's inaugural residents are **Hannah Lewis, DPT**, and **Tyler Fleck, DPT**. Dr. Lewis is passionate about refining her ability to assess and treat pediatric patients, and came to Waco, Texas in 2020 for her doctoral education. Dr. Fleck completed his doctorate in St. Louis and previously completed an internship at the Under Armour Performance Center in Baltimore, where he worked with athletes including NFL players from the Carolina Panthers. He wants to work with barbell athletes and other individuals with orthopaedic injuries. ■





## Congratulations, Graduates!

It was a joy to celebrate the 98 graduates in the Class of 2021. The banquet, commencement and coining ceremony honored the incredible achievement for each person who walked across the stage to receive their Doctor of Physical Therapy degree.

To each graduate: We appreciate your hard work and dedication. We're proud to call each of you our colleague and friend.



### Doctor of Physical Therapy Honors & Awards

**Baylor Lights Award:** Brianne Kochanowski, DPT

**Illuminate Award for Leadership:** Kevin Tokoph, DPT

**Give Light Award for Service and Citizenship:** Pius Tawiah, DPT

**Shine Bright Award for Clinical Excellence:** Jonathan Blake, DPT & Jessica Buie, DPT

**Outstanding Clinical Instructor Award:** Evan Andreoyo, DPT

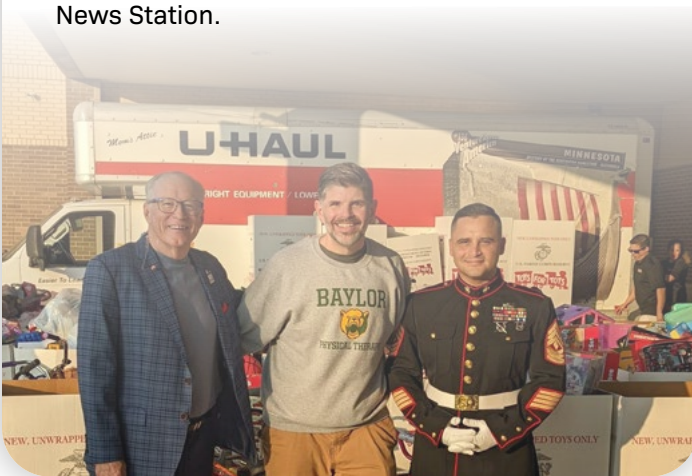


# Giving Back

Students in the Class of 2022 participated in a number of service projects to give back to the community. Alongside faculty members and community leaders and organizations, students made an impact for organizations and causes like those shown below. We're so proud to have a hand in developing a community of health professionals with servant hearts.

## Toys for Tots

Class Leader **Chris Frioux** had the pleasure of dropping off two boxes full of donations for the **Toys for Tots Donation Drive** at the KWTX 10 News Station.



## Talitha Koum

The **Talitha Koum Institute** (TKI) is a mental health therapeutic nurture center that focuses on the brain development of at-risk children from infancy to five years old. A special thanks to class leaders **Chris Frioux** and **Meghan Barrington**, and TKI Donor Relations Director **Blake Garvelli**, for coordinating this event!



## Parkinson's Foundation

With the help of individuals sponsoring students and faculty members to challenge their bodies, Baylor DPT raised \$2,286 for the **Parkinson's Foundation**. Thank you to all the sponsors, participants and Baylor faculty member, **Anne Boddy**, PT, DPT, PhD, for coordinating Baylor DPT's Moving for Parkinson's disease fundraiser!



## Salvation Army Kitchen

To celebrate **Global PT Day of Service** on October 9, faculty and several students volunteered at the **Salvation Army Waco - Community Kitchen**.





# Welcoming a New Cohort

Our newest class enjoyed a team building day and then lab immersions in February. It's been a pleasure welcoming the Class of 2023!

## Team Building Day

This day focused on cultivating an environment of togetherness and teamwork within the cohort.



## Lab Immersion 1.1

Lab immersion kicked off with a day and a half of virtual lab to prepare for arriving onsite. Learning activities included testing range of motion and manual muscle tests, practicing a neuro screen and vital signs, and learning about positioning and precautions as well as gait patterns. Students demonstrated creativity and had fun in their sessions—demonstrating why this is known as “PT FUNDamentals!”





# Faith in Action

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Baylor's Christian mission was one of the key factors that attracted **Dillon Marks** to the Doctor of Physical Therapy program.

**Dillon Marks** grew up in Belgrade, Montana, where he was the quarterback of his high school football team and admittedly more interested in sports than his faith. As an undergraduate at Montana State University in Bozeman, Marks became a Christian after reconnecting with his friend and hometown football hero Matt Thibault, who was the pastor at a local church.

"That was the first time in my life, despite going to a church growing up, that I truly heard the gospel," Marks said. "I had to wrestle with my flesh and my sin, what I really wanted to do on a horizontal level and what God desired for me on a vertical level."

Marks gave his life to the Lord during the spring of his freshman year. Now, as a DPT student at Baylor serving as one of the chaplains for his cohort, he is leaning into his faith and vocation.

"There are some unique opportunities—almost counseling-type opportunities—that come up within PT because we're not just working with a person who has shoulder pain, for example," he said. "That person is somebody who has a life and happens to have shoulder pain that might be keeping them from doing what they love. That affects their quality of life and so forth. We can really help on a physical and spiritual level."

Marks plans to return to Bozeman when he graduates in December and join a physical therapy practice where he interned before starting Baylor's doctoral program.

"I think of the words of Jesus, that it's not those who are healthy that need the physician, but those who are sick," Marks said. "As a Christian man moving forward professionally, I see how I can help physically and help people along in terms of their spiritual development wherever they are in that journey." ■



**"We can really help on a physical and spiritual level."**

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