**Ray Elected/Appointed to New Roles**

UNC Chapel Hill alumna and Physical Therapy Assistant Professor Laurie Ray, MPT, PhD, has recently accepted new leadership roles with three prominent organizations. She now serves as the Region V Regional Director for the Section on Pediatrics of the American Physical Therapy Association, and as the At-Large Education Representative for the National Alliance for Medicaid in Education Board of Directors. The NC Speaker of the House appointed Ray to serve as the State Rehabilitation Council representative for NC Department of Public Instruction.

**Yu Helps U.S. Athletes Go for the Gold**

UNC Physical Therapy faculty member Bing Yu, PhD, traveled to the U.S. Track and Field Olympic Team Training Camp in Birmingham, England, before the Summer Olympics to help with the US athletes’ final preparation for the games.

**U-Step Walking Stabilizer Donated to UNC PT program**

In-Step Mobility has donated a U-Step Walking Stabilizer walker to the UNC Chapel Hill Division of Physical Therapy to be used by faculty and students. The U-Step Walking Stabilizer was designed to increase independence and eliminate falling among those with neurological conditions such as Alzheimer’s, Parkinson’s, and MS. The U-Step is an advanced walker that focuses on three key areas: stability, maneuverability and control. “Our goal is to see how In-Step Mobility can collaborate with the UNC PT program and other PT programs across the nation on a ‘U-Step University’ program to both assist individuals with neurological conditions and help train PT students,” said Mitch Strobin with In-Step Mobility.
Rosenberg Selected for MS Society Health Professionals Hall of Fame

UNC Physical Therapy faculty member and Carolina alumna Angela Rosenberg, PT, DPH, has been selected for the National Multiple Sclerosis Society’s 2012 Health Professionals Hall of Fame. Dr. Rosenberg was recognized for being the driving force behind the creation of an innovative MS focused education track and scholarship program for physical therapists.

Each year, MS Society chapters nominate volunteers to receive national recognition for their outstanding service. Detailed nomination forms are submitted for each candidate and reviewed by panels from around the country. Rosenberg was honored along with the other Hall of Famers at the National MS Conference in Dallas in November.

“Our chapter nominated Angela because of her dedication and hard work on the UNC Division of Physical Therapy/National MS Society collaboration,” said Kaye Gooch, Executive Vice President for Programs, Services, and Volunteers for the National MS Society, Greater Carolinas Chapter. “We are so excited that she has won this award because of her numerous volunteer hours and work to improve the quality of life for people living with MS.”

Rosenberg realized the paucity of physical therapists trained in the treatment of MS after her own MS diagnosis several years ago in the prime of her career as a faculty member and leadership consultant. She encouraged the Greater Carolinas Chapter of the National MS Society to team with UNC Physical Therapy to develop this groundbreaking scholarship and education program, now designated as the MS Standardized Training and Education Program with University Partners (MS STEP UP: UNC PT). Since the program’s inception in 2008, six DPT (Doctor of Physical Therapy) students have completed the curriculum, and four more are currently enrolled. Visit www.med.unc.edu/ahs/supporting-ahs/ms-scholarship for more information.

UNC MS Scholars Facilitate Free From Falls Program

UNC Doctor of Physical Therapy students Cari Eicher and April Fay facilitated a pilot program called “Free from Falls” at the request of the National Multiple Sclerosis Society (NMSS) Greater Carolinas Chapter. Eicher and Fay, who graduated in August 2012, completed the MS Standardized Training and Education Program with University Partners (MS STEP UP: UNC PT), an innovative curriculum intended to prepare physical therapists to meet the needs of patients with MS and other neuromuscular conditions.

Free from Falls, an eight-week fall prevention program developed by the NMSS, incorporated elements of discussion, exercises to enhance balance and safety, and group and individual activities. According to Fay, the focus of the program was to “[teach] the participants about the reasons for falls, the aspects of balance, exercises that strengthen the systems involved in maintaining balance, strategies for making their environment safer, ways to navigate outdoors and in the community, options for assistive devices, and how to safely recover from a fall.”

By the end of the program, Eicher noticed that “participants were more confident when completing the exercises and performing the post testing. They worked together to discuss their own personal problems and solutions that may have worked well for others. They really seemed to come together as a group and rely on each other.”

Program participant, Roy Williford, age 62, of Chapel Hill was impressed by the class.

“Both April and Cari did an excellent, professional, inclusive, and caring job as facilitators of the program and its participants,” Williford said. “The audio visuals, handouts, and instructional materials were well organized and enhanced the timing and flow of the program.”

Participants have maintained contact with each other and plan to continue their informal support group. The success of the program not only speaks well of Eicher and Fay, but also the impact of the MS STEP UP: UNC PT program. Physical therapists provide education and treatment and promote good health and general conditioning in order to keep people with MS moving. Because of the efforts of Eicher and Fay, Free from Falls participants are armed with the information to live healthy and balanced lives.

New Orthopedic Clinical Residency

The UNC Division of Physical Therapy and UNC Health Care have collaborated to establish a new Orthopedic Clinical Residency, which will allow participants to train at a variety of clinical sites under the guidance of a diverse group of expert clinicians.

This 12-month program is designed for licensed physical therapists who are interested in developing their expertise in orthopedics. Residents will work at University Physical Therapy and UNC Hospitals while studying advanced orthopedic skills. In addition to didactic study, residents will receive one-on-one mentorship from expert clinicians and participate in a variety of unique learning experiences across all areas of orthopedic physical therapy.

The program will allow licensed physical therapists to fast track their professional development and prepare to sit for the Orthopedic Clinical Specialist exam.

Angela Gisselman, PT, DPT, has been selected to begin the program in January 2013. Applications for the next class of residents are available upon request and will be accepted in the spring/summer of 2013. If you are interested in more information, please contact Lisa Johnston at lisa_johnston@med.unc.edu.

The UNC MS STEP UP Program is publishing a quarterly e-Newsletter. If you would like to subscribe, please visit www.med.unc.edu/ahs/supporting-ahs/ms-scholarship for more details.
The Sara Fowler Anderson Scholarship in Physical Therapy has been established to honor the life and career of Sara Fowler Anderson, a 1981 graduate of the University of North Carolina at Chapel Hill Physical Therapy program. Thanks to the generous commitments of Sara’s husband, Dr. Ted Anderson, and their daughters, Megan Anderson Phillips and Lauren Anderson, as well as other family members, friends, and colleagues, a scholarship fund in Sara’s honor has been created at the Medical Foundation of NC. Jason Parks Albright, a second-year Doctor of Physical Therapy student from Asheboro, North Carolina, has been selected as the first recipient of the scholarship for the 2012-13 academic year.

Sara Fowler Anderson was a loyal Tar Heel with close ties to the University. Her mother, father, uncle, brother, sister, and two daughters are all graduates of UNC. Recognized as a Margaret L. Moore Scholar during her time as a PT student, Anderson frequently expressed her appreciation for the education she received and the association she maintained with her professors.

“She was really proud that so many of the people she’d been educated by were pioneers in the field of physical therapy,” said Dr. Ted Anderson. “She felt like by going to UNC, she became part of that history and the development of the discipline.”

Sara Anderson’s physical therapy career spanned three decades prior to her death in September of 2012. She enjoyed providing services to a wide spectrum of those in need of physical therapy, from infants and children in early intervention programs to seniors in retirement facilities, from those requiring home health care to those receiving inpatient care. She developed close relationships with her patients and was frequently approached when out in the community by former patients expressing thanks to her. Anderson’s compassionate character and capable clinical skills combined to make her one of those rare health care providers whose mere presence could make those she served feel better.

The Sara Fowler Anderson Scholarship in Physical Therapy will be awarded annually to a UNC physical therapy student with preference given to a student who is a resident of the state of North Carolina and who expresses an interest in providing physical therapy services in a community setting.

“Sara was very grateful for the education she received at UNC,” said Dr. Anderson. “She felt they did a great job of providing her with the knowledge and skills she needed to be a good physical therapist. We really wanted to honor her and encourage others to pursue a career in this field. We hope it will be helpful to the students who receive the scholarship and eventually to the community, which will benefit from the care and leadership these students will provide in the future.”

After he had been selected as the first Anderson Scholarship recipient by the Physical Therapy faculty based on his academic performance and potential for contributing to the PT profession, Jason Albright quickly realized that he had connections to Sara Anderson that extended even beyond their educational and professional choices.

“I was surprised to find that she lived in my hometown of Asheboro, her husband was my pediatrician until he moved his practice, I went to school with her two daughters, my dad was their mailman, and we both have connections to Camp Thunderbird,” Jason said. “Even though I never personally knew Ms. Anderson, I know that she was a caring Tarheel that provided a realization of a better tomorrow for me and my family—a realization that I hope I can pass along, everyday, as I proceed in my career.”

Albright intends to use his physical therapy education for both local and international outreach. He hopes to have a fall prevention program set up and ready to implement by the time he graduates in 2013, and would like to develop more preventative programs for common problems people encounter, such as back injuries, and programs that help patients who have completed their physical therapy treatments but still feel they need guidance to reach their optimal health goals. He also wants to use his knowledge of physical therapy to help children in orphanages that he visited in China.

“Many of these kids had functional problems that could be treated with PT and I hope that by treating them, they will more likely be adopted,” he said.

Memorial gifts to the Sara Fowler Anderson Scholarship in Physical Therapy Endowed Fund at the Medical Foundation of NC can be mailed to Kyle Gray, Director of Development, Division of Physical Therapy, UNC-Chapel Hill, CB # 7120, Chapel Hill, NC 27599-7120 or make your gift online at https://medicalfoundationofnc.org/givetouncpt.