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January 2023 Issue

**MSJ DPT Student Run Pro Bono Physical  
Therapy Clinic**  
*Dr. Karen Holtgreffe*

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### Great start to the MSJ Student-Run Free PT Clinic

It all started on Tuesday evening, September 13, 2022. Our first clinic with our first patients. Things started out slowly and a little rocky - problems with an online documentation system (shocking, I know!). The students rose to the occasion and did a phenomenal job. Over 10 weeks they evaluated and treated 20 different patients ranging in age from 14 to 87 years old. Diagnoses treated included orthopedic, neurologic, and balance issues. Please see the wonderful write up in the Mount News page 19 or here:

<https://www.msj.edu/audiences/mount-news-alumni-magazine/index.html>

We would not have been successful without the help of our volunteer PT's: Erin Hofmeyer, Drew Burchett, Brandon Polking, Monica Myers, and me. THANK YOU!!

"So far, the clinic has been a success far more than we could have guessed and has become a unique and special opportunity to bring to our community! I am grateful to be able to see both students and patients benefiting and working together to achieve our goals. It has been a privilege seeing our patients progress week to week and getting to be a part of their journey and growth. Personally, I had not been involved with a Pro Bono clinic like this before and to

experience it from the start has been amazing learning the ins and outs of running a clinic while working one on one with patients and their families to ensure they are getting great care during their time with us. We are just getting started and I am so excited to continue sharing and spreading the realm of our care to others in our community and more! " ( Morgan Rouff cohort 2025)

"Classes can be draining; it can feel hard to understand why we are studying such a wide variety of knowledge if we know we want to work in one particular setting. The pro bono clinic expanded this narrow view of the profession of physical therapy and gave this past semester a goal. It reminded me why we are working so hard in our didactic work. It provided my class with an opportunity to serve members of our community and give back to a program that is giving us so much. For myself, it taught me that we learn from our patients as much as they learn from us. While this is particularly true right now as students, I hope to bring this concept forward into my career and continuously expand my perspective by looking through the lenses of my future patients. It was rewarding to see that, after only a year of classwork, we were equipped to treat patients from our community under the supervision of our professors and mentors. The pro bono clinic provided me with a source of motivation and a renewal of my excitement at becoming a part of the world of physical therapy." ( Eleanor Fishlock cohort 2024)

**VOLUNTEER PT'S NEEDED!** The spring clinic starts Tuesday, January 24<sup>th</sup> and runs until Tuesday, April 11<sup>th</sup>. The clinic runs Tuesday evening from 6-8pm and Saturday morning from 9-11am. The following dates are open:

<b>February</b>	<b>March</b>	<b>April</b>
Tuesday, 2/7	Saturday, 3/4	Saturday, 4/1
Saturday, 2/11	Tuesday, 3/7	Tuesday, 4/4
Tuesday, 2/14	Saturday, 3/11	Tuesday, 4/11
Saturday, 2/18	Tuesday, 3/21	
Tuesday, 2/21	Saturday, 3/25	
Saturday, 2/25	Tuesday, 3/28	
Tuesday, 2/28		

## **Cincinnati Ice Breakers**

*Teddy Graham (Class of 2024)*

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I was very excited that our DPT class was provided the opportunity to volunteer with multiple adaptive sport programs, including the adaptive hockey program with the Cincinnati Ice Breakers sled hockey team. The Ice Breakers team provides opportunities for players at all different levels of competition from beginners all the way to a US National Sled Hockey team player who competes in world Paralympic games. Our students from the MSJ DPT program have been able to attend the Ice Breakers team practices where we can volunteer in pushing the sleds of any athletes in need, help with coaching and drills, or just try out playing the sport of sled hockey ourselves.

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My experience working with the athletes in this program has provided me with a strong appreciation for the dedication of these athletes and their families toward staying active and involved in their community. Additionally, I have gained a stronger understanding of the logistics of what goes into running an adaptive sports program, as well as the positive impact that strong advocacy for these types of programs can provide to those whom the program helps. I was also lucky to become connected with one the coordinators for the adaptive sports programs in Cincinnati, who coincidentally ended up being my clinical instructor for my first clinical rotation during the summer of 2022. Volunteering with the Ice Breakers has become one of my favorite and most impactful experiences in PT school so far, as I have been fortunate to make connections with those in the field of physical therapy as well as the communities of patient populations that I could end up treating in my future career as a PT.

**The PT Licensure Compact—An interview  
with Missy Anthony, Executive Director for  
the Ohio Occupational Therapy, Physical  
Therapy, and Athletic Trainer’s Board**

*Erin Hofmeyer, PT, DPT, GCS*

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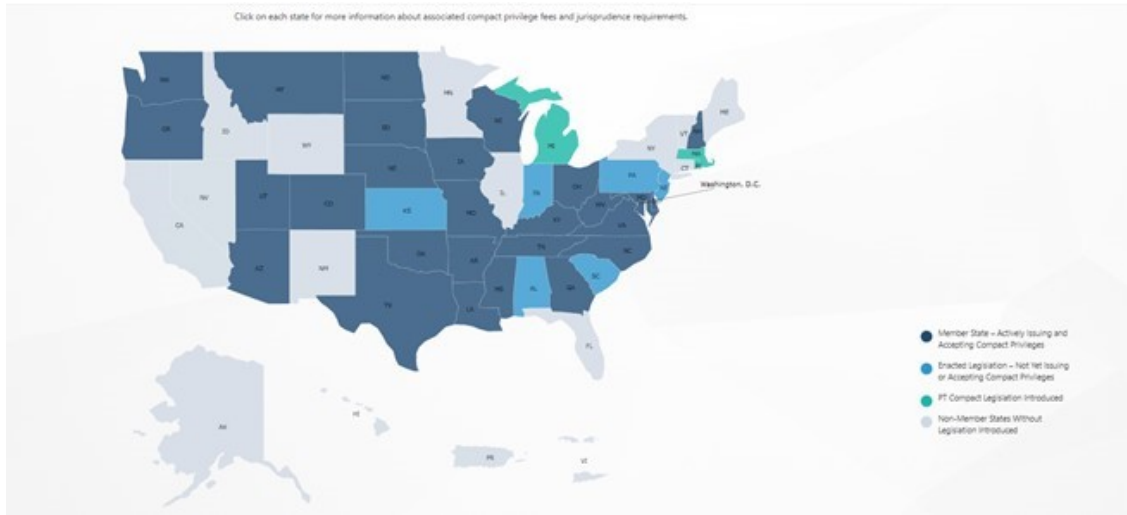
The greater Cincinnati region offers many opportunities to Mount St. Joseph University physical therapy graduates. Both Ohio and Kentucky are member states of the PT Compact Commission. Many license holders, in both states, continue to have questions about whether or not a PT Compact Privilege is right for them. I took a moment to discuss this licensing option with Ohio's Executive Director, Missy Anthony. Additional insights about the PT Licensure Compact can be found by going to the PT Compact Commission website at: <https://ptcompact.org/>

### 1.) What is the PT Licensure Compact?

a. The Physical Therapy Compact is an agreement between member states to improve access to physical therapy services for the public by increasing the mobility of eligible physical therapy providers to work in multiple states.

## 2.) Is my state a member state?

- Check out the map below or go to: <https://ptcompact.org/ptc-states>



## 3.) How can I purchase a Compact Privilege?

- You may purchase Compact Privileges in multiple member states by going to: <https://ptcompact.org/How-to-Get-Privileges>

## 4.) What benefits are there to purchasing compact privileges if I am already a licensee holder in multiple states?

- Compact Privileges allow for greater mobility with reduced burdens of following requirements for each license held within a state. As long as the home state remains in good standing, Compact Privileges are easy to obtain and maintain over the course of your clinical practice. A therapist can practice in multiple states with a reduced burden of maintaining licenses in each of those states. This means that there is one set of continuing education requirements (for the home state) and one expiration date to remember (all compact privileges expire on the same date as a home state license).

## 5.) How many Compact Privileges have been issued in Ohio?

PT – 161 issued, 19 renewed, 147 currently active

PTA – 26 issued, 1 renewed, 22 currently active

## 6.) How has the PT Licensure Compact impacted care in the state of Ohio?

Given the ease with which any PT or PTA in good standing can purchase a PT Compact privilege, being a member of the PT Compact has expanded Ohio's workforce. Anecdotally, I have corresponded with physical therapy professionals who have chosen a travel assignment in Ohio based on the fact

that they can use a compact privilege to work here. I have also talked to individuals who have been able to more easily promote continuity of care by doing teletherapy while a patient of theirs is temporarily staying in Ohio. But the most excited PTs and PTAs are those whose work takes them across state lines. When previously they held two separate licenses, most welcome the simplicity of having a compact privilege instead of a license so they no longer have to track multiple renewal dates and expiration times.

It is difficult to quantify in numbers this type of impact. But these sorts of anecdotes, combined with the fact that individuals from 19 states have purchased a compact to work in Ohio, promotes the idea that this administrative simplification makes Ohio an attractive state in which to work.

### **7.) Other thoughts or insights on the PT Licensure Compact?**

The PT Compact plays a critical role in public protection by respecting states' rights to regulate business within the borders while also elevating the value of regulation and easing the burden of obtaining a license. It is an important step for the profession of physical therapy and places PT in a forward looking environment moving forward.

Do you have additional questions for the Ohio OTPTAT Board or Missy? Feel free to email your questions to [Board@otptat.ohio.gov](mailto:Board@otptat.ohio.gov)

## **Classroom Spotlight** *Dr. Christy Heinrich*



Dr. Heinrich and Dr. Perkins brought the real world into the classroom the last week of the fall semester providing the students with two very positive and rewarding panels.



Three individuals, who were prior patients in the inpatient rehab setting, graced the classroom with stories of their recovery journey. It was an incredible experience for the students that helped them to remember their “why”. The students were asked to write reflections on the panel – let’s just say the panel was well received!

- “I think it is easy to get caught up in the studying and exam and forget the bigger picture and why we signed up for PT school and that is those people sitting there. We all picked this career because we want to help people ultimately.”
- “The way they spoke about how therapy motivated them and was the driving force behind their recovery was a breath of fresh air after a year of textbooks and exams.”
- “Hearing from them about how the therapists impacted their lives and recovery so much makes it for me worth going through all of this schooling to one day be on that side of the story and helping patients.”
- “The patient/caregiver panel was definitely helpful in reminding me why I chose physical therapy. It is emotional when hearing everything the family has endured to support their loved one, and it is an honor to be a part of their recovery.”
- “I think about how easy it is for us to get caught up in the day to day classes and exams, worrying about our test grades, preparing for clinicals, that we forget why we started the program in the first place, and today I was definitely reminded of my why.”
- “This panel was incredibly uplifting and a strong reminder of why I feel called to be a PT and the importance of the entire rehabilitation team.”

They also welcomed healthcare professionals from Mercy, TriHealth, and Encompass to their PT 722 Neuro Rehabilitation course. The students were able to engage with a PT, PTA, OT, SLP, RN, Case Manager, Clinical Liaison, Therapy Aide, and Chief Resident to learn about their respective disciplines and how they interact with PTs in the neuro world. The students gained a well-rounded view of the interprofessional inpatient rehab team! Below are some of the quotes from the students based on this experience:

- “It really stuck out to me how the panel seemed to have such a good working relationship and showed how important it can be in order to deliver optimal care and more importantly that how when interprofessional care does not go well, how bad that can be. One of the biggest things that

stood out to me was how the other panelists outside of PT and PTA, respected and valued the physical therapy team.”

- “Learning about all the different roles that each healthcare member has for providing care showed me how much goes into high quality care for a patient. I feel that I have much better understanding of the different roles in the healthcare setting after this experience. I definitely feel like I am better able to navigate and communicate with different clinicians in the healthcare field.”
- “I had an eye-opening moment when he said that you delegate to a PTA because you trust them, not because they’re “under” you. This therefore makes it a relationship of trust and collaboration, not one where the PT hands off a patient that they don’t want to treat.”
- “I was really inspired about the mutual respect each and every person had for the other members of the healthcare team as it was evident, they all rely on each other for a truly patient-driven approach to care.”

We are very grateful for all the people who volunteered their time to give the students these rewarding experiences. Thank you!

## Alumni Spotlight

*Kelly Moore, PT, DPT  
Class of 2007, 2008*



**About Kelly:** Kelly Moore has worked at Cincinnati Children's since graduating from MSJ in 2007 with her MPT. While working at Children's, she continued her studies to receive her completion DPT from MSJ in 2008. She enjoys having a diverse caseload and working with children of all ages and abilities. She has particular interest in myofascial release and treating babies with torticollis and children and young adults with hypermobility. Since graduation she has spent many years serving in various roles within the Ohio PT Association and more recently has enjoyed regularly assisting at John F. Barnes myofascial release seminars. Outside of PT, she enjoys time with family and friends, photography, hiking, and participating in full and half marathons as a racewalker.

**What are your thoughts on a Mount PT education?** I am beyond grateful for my time spent at the Mount. The faculty and adjuncts were incredible and prepared us to be knowledgeable, skilled clinicians. We learned professionalism and the importance of making meaningful connections inside and outside the clinic. My desire to serve and give back to the profession was fostered even as a student, setting the stage for my roles held within OPTA and beyond. I'm currently honored to serve on the MSJ PT Alumni Board. It is such a meaningful and rewarding way for me to give back to this wonderful department that has helped to form me into the person and PT that I am today.

**What do you enjoy about being a physical therapist?** What I love about PT is the ability to be a lifelong learner. I'm so grateful to be able to be present with my patients each day and journey forward with them. I also love working with students as a clinical instructor because it allows me the chance to "pay it forward" while also learning from the next generation of leaders!

**Any advice for current DPT students?** My advice to current PT students would be to keep an open mind, enjoy every moment, and seek out and pursue those paths that bring you joy and fulfillment. You never know where your path will lead and what incredible opportunities may arise!



*"For Petes Sake"  
Be An Organ/Blood Donor*



**April is Organ/Blood Donation Month!**

**The Challenge:** Honor Pete's call to get as many people as possible through organ/blood donation. 110,000 men, women and children await lifesaving organ transplants annually; but 22 people die each day waiting for an organ transplant. While 95% of US adults support organ donation *only* 54% are



signed up as a donor. Every donor counts – ***One donor can save 8 lives and blood donations help someone in America every two seconds.***

**Resources: To learn more about donating in your locale:**

**Blood donation:** go to [www.redcrossblood.org](http://www.redcrossblood.org) or your local blood center

**Organ donor registry:** go to <http://www.aopo.org/find-your-opo/> to find your local organ procurement organization.

If you donate blood or register as an organ donor, we would love to know!



On December 7, 2013, our esteemed colleague and friend, Peter Mosher, PT, DPT, OCS, took his final breath at age 32. Pete was Assistant Professor and Director of Clinical Education at Mount St. Joseph University in Cincinnati, OH. He was also Chair of the Ohio Kentucky Consortium of Physical Therapy Programs for Clinical Education. Pete was an accomplished author and presenter in the physical therapy profession. One of Pete's big efforts in his final months was promoting awareness of the need for organ donors. Honor Pete by registering to be an organ donor at <http://donatelife.net/> or scanning the code below.



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UNIVERSITY®  
*Physical Therapy*  
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**Our mailing address is:**

Mount St. Joseph University  
5701 Delhi Road, Cincinnati, OH 45233  
513.244.4890 | [physical.therapy@msj.edu](mailto:physical.therapy@msj.edu)

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