



MOUNT ST. JOSEPH
UNIVERSITY®
*Physical Therapy
Program*

Mount St. Joseph University

Department of Physical Therapy

July, 2025



World Physiotherapy Congress 2025

By Dr. Lisa Dehner



World
Physiotherapy
Congress 2025
TOKYO | 東京



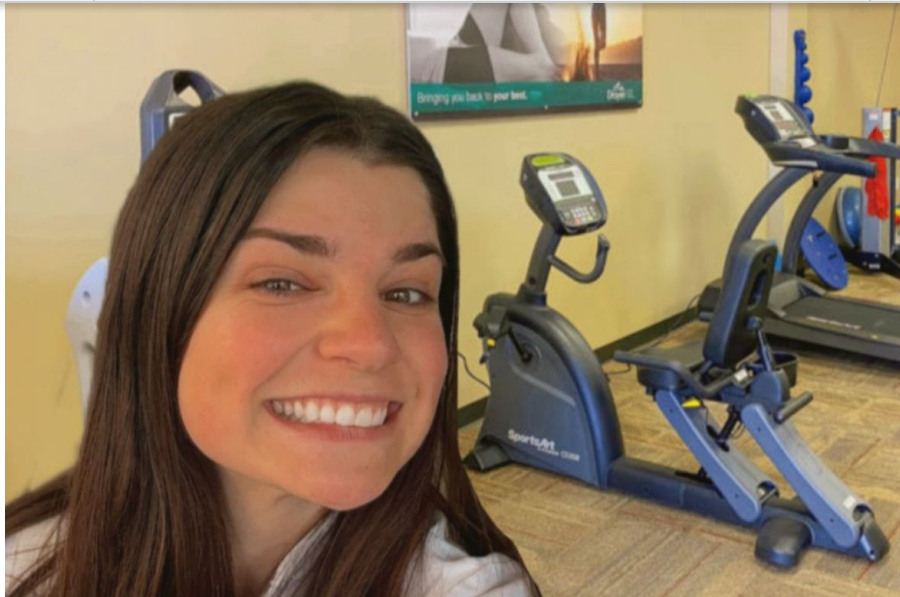
Clinical Education Spotlight

Each newsletter, we enjoy sharing highlights from our various clinical partners. This month we are proud to feature [Drayer Physical Therapy](#). Drayer has been a strong clinical partner and currently is hosting FIVE of our students throughout the Cincinnati region.



Kylie Aulick and Tori Young, SPTs, DPT Class of 2027 at Drayer Anderson

Our first clinical experience has far exceeded our expectations. We've been placed at Drayer Rehabilitation in Anderson, and it has been an incredibly positive and enriching environment. Every therapist here has been kind, welcoming, and eager to support our learning. We've had the opportunity to work with a diverse range of patients, including those recovering from joint replacements, managing radiculopathy, dealing with knee osteoarthritis, and much more. The wide variety of cases has given us valuable exposure and the chance to learn something new every day. Since starting, we've developed numerous treatment techniques and enhanced our problem-solving skills. We've also had the opportunity to engage in hands-on work, including joint mobilizations, instrument-assisted soft tissue mobilization (IASTM), and trigger point release. Most importantly, our clinical instructors have been exceptional. They continuously challenge us to step outside of our comfort zones, thoughtfully answer all of our case-related questions, and help us strengthen our critical thinking abilities. We're incredibly excited to continue learning and growing over the next two weeks!



Brookelyn Towe, SPT, DPT Class of 2027 at Drayer Milford

I had a great clinical experience at Drayer Physical Therapy in Milford. I gained valuable hands-on experience and deepened my understanding of patient care. I was able to apply my classroom knowledge to real life patient cases while being provided constructive feedback from my CI. Drayer reaffirmed my passion and my “why” for physical therapy as a career. I will forever be grateful for the wonderful staff, my CI Madison, and the patients for providing me with such a valuable and meaningful clinical experience.



Maggie McMullen, SPT, DPT Class of 2027 at Drayer Wyoming

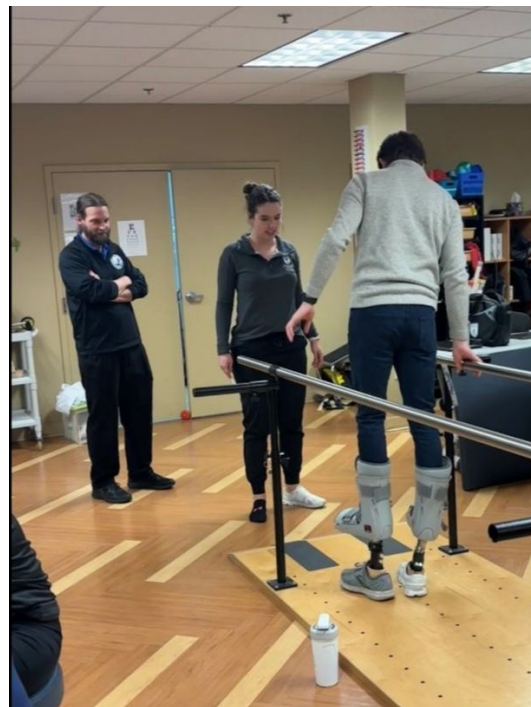
Over the past four weeks, I have been on a clinical rotation at Drayer Physical Therapy in Wyoming with my clinical instructor, Casey. I have gotten to see

therapy, and helping patients with their exercise programs. One of my favorite things about this clinic was the positive atmosphere between the clinicians and the patients. The patients were very welcoming to me and made an effort to get to know me over the past month. Seeing patients excited for their therapy sessions is a testament to the clinician's character. I could tell how much the therapists care about their job and for their patients. Casey has been very encouraging and helpful to me! Overall, I am very grateful to have had such a positive first clinical experience at Drayer!

Special Topics: Amputations and Prosthetics

By Dr. Ellen Dilts

Second-year students in our Special Topics course recently gained invaluable practical experience through direct interaction with 3 individuals who have undergone lower extremity amputations. Under the guidance of MSJ alumni Dr. Andy Beardslee and Dr. Kyle Vollmer, the students actively honed essential clinical skills. This hands-on learning involved taking patient histories, analyzing gait patterns, and exploring therapeutic exercises. The students had the unique opportunity to step into the shoes of their clients, literally, by experiencing the sensation of wearing a lower-limb prosthesis. This was facilitated through the use of modified walking boots equipped with a pylon and prosthetic foot, providing insights into the challenges and adaptations involved.



personal journeys. Their willingness to discuss their experiences provided our students with invaluable insights into the psychosocial aspects of living with an amputation, fostering a deeper sense of empathy and a more holistic understanding of patient-centered care. We extend our sincere gratitude to these individuals for their crucial contribution to the education of our future physical therapists.

Alumni Spotlight

Rebekah Slafka, PT, DPT, PRPC (Class of 2018)



When I first moved to Cincinnati in 2015, it felt like another world. When people asked me what school I went to, I thought they meant college—not high school. And who knew all-boys and all-girls schools were actually a thing? I thought Elder was a local college, and I had no idea what “Who Dey” meant. I grew up in Northern New York, while my husband is from Pittsburgh. After spending years at the Mount, I grew to love Cincinnati. Following graduation, I quickly accepted a job in West Chester and began specializing in pelvic health right out of school. Fast forward eight years: I’ve earned my Pelvic Rehab Practitioner Certification from Herman & Wallace and received a distinguishment as an Endometriosis PT. I also opened my own clinic—[Restore Center for Pelvic Health and Wellness](#).

At Restore, we specialize in *all things* pelvic floor. We currently have three clinicians on staff and were recently featured in a news segment that aired in Cleveland, Columbus, and Cincinnati. We serve patients from four states—and

excited this past year to win the award for best PT clinic in our town and add our third clinician to our team, a fellow Mount grad! I've also loved returning to the Mount as an adjunct professor, teaching the Pelvic Health elective over the past few years.



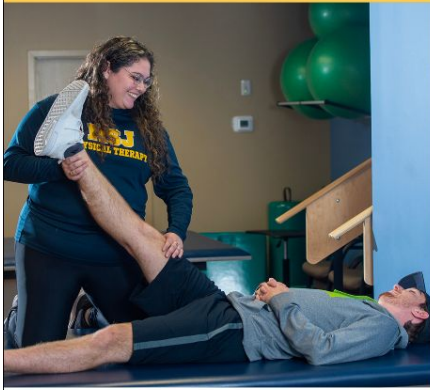
Outside of work, I'm married to my wonderful husband, Michael. We have two beautiful daughters—Ellie and JoJo—with another baby girl due in November! We live in Lebanon on a 10-acre hobby farm and love spending time outdoors and working on our fixer-upper farmhouse (which definitely has enough projects to last a lifetime).

What I cherish most about the Mount is the strong sense of community it fosters. My daughter, JoJo, has cerebral palsy, and walking this journey as a parent has opened my eyes to the challenges within our medical system. It's also deepened my appreciation for our field. Former classmates and my pediatric professor were part of her care team, and their support truly felt like coming home to family.

To current students: PT is a small world—build relationships! Don't be afraid to commit to a specialty early on. Our field is broad, and there's always room to pivot later. Above all, remember, the one thing that will always make you a superior PT is kindness!

Our clinic is growing! If you're interested in pelvic health, reach out about clinical opportunities or shadowing. We love to teach and are excited to continue expanding our amazing team.

MSJ STUDENT RUN PRO BONO PHYSICAL THERAPY CLINIC



FALL SESSIONS | Tuesdays 6–8 p.m. and Saturdays 9–11 a.m.

Tuesday, September 16
Saturday, September 20
Tuesday, September 23
Saturday, September 27
Tuesday, September 30
Saturday, October 4
Tuesday, October 7
Saturday, October 11
Tuesday, October 14
Saturday, October 18

Tuesday, October 21
Saturday, October 25
Tuesday, October 28
Saturday, November 1
Tuesday, November 4
Saturday, November 8
Tuesday, November 11
Saturday, November 15
Tuesday, November 18
Saturday, November 22

The Fall 2025 clinic runs from **September 16, 2025 to November 22, 2025** (Tuesdays evenings, 6-8:00pm and Saturday mornings, 9-11:00am). Please consider volunteering or referring patients! If you are interested in being a volunteer PT overseeing the care provided by the students, OR to refer a patient who has exhausted their insurance benefits or who could benefit from additional therapy please contact us at 513-244-4282 or MSJPT.Clinic@msj.edu.

MOUNT ST. JOSEPH UNIVERSITY

PT ALUMNI EVENT



THE OAKLEY GREENS
CINCINNATI, OHIO

SEPTEMBER 27, 2025
4:30-6:30 PM

**FIRST DRINK
IS ON US***



**COLLEGE
FOOTBALL
ON TV**



PLAYGROUND



**MINIATURE
GOLF**
(+ EXTRA COST)

FOOD AVAILABLE FOR PURCHASE
HOPE TO SEE EVERYONE THERE!

Are you a Mount Alum? We'd 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

Join the MSJ PT Advisory Board

Shape the Future of Physical Therapy Education!

The Mount St. Joseph University Physical Therapy Advisory Board is seeking dedicated professionals to join our team! Our board serves as a vital link between the PT program and the broader healthcare community. By ensuring our curriculum aligns with contemporary theories and practices, members play a key role in preparing the next generation of PT professionals.

- **Meetings:** Held twice a year in the evenings on campus
- **Term Length:** 2- or 3-year appointments, based on member preference

If you're interested in contributing your expertise and insight, please contact Christy Heinrich at christina.heinrich@msj.edu

Support the Program and Students



and our pro bono clinic. Check out our newly acquired Upper & Lower Body Combo Cycle in the picture above.

We truly appreciate your support for the program! To keep supporting us, please click the button below to donate and choose the Physical Therapy Program.

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