



MOUNT ST. JOSEPH
UNIVERSITY®
*Physical Therapy
Program*

Mount St. Joseph University

Department of Physical Therapy

October, 2025



Happy Physical Therapy Month!

October is **National Physical Therapy Month**! Mount St. Joseph University's **Doctor of Physical Therapy (DPT) program** would like to take this opportunity to thank all physical therapists for their invaluable service, dedication, and commitment to improving the lives of their patients. We recognize and appreciate the profound positive impact you make on health and well-being every day.



MSJ 5K 2025

by Kara Moe and Nick Oehler, Class of 2027

Cheers to another fabulous MSJ 5k Run/Walk event at the Mount!

The DPT student-led Pro Bono board was eager to provide pro bono services to the community members running the race. As such, DPT student volunteers organized and led group warmup and cooldown sessions for the runners and walkers.

The warmup, led and ran by 2nd year DPT student Kara Moe, was energizing, exciting, and got the crowd pumped to begin the race! The cooldown, led and ran by 2nd year DPT student Nick Oehler, was rejuvenating, relaxing, and a great wrap-up for those involved in the day's activities.

We want to share a huge thank you to everyone who participated and helped with the organization of this year's race!





The Pro Bono Clinic Welcomes the New Student Board

The change of arms for the student led Pro Bono Clinic took place during Summer, 2025. Twenty members of the 2027 cohort committed to serving on the board and advancing the services offered through the pro bono clinic for the 2025-2026 academic year! Some of our students have shared their excitement about being a part of the Pro Bono Clinic board:

"I am super excited to be a part of the pro bono board this upcoming semester. My duties consist of being a patient scheduler so the past few weeks have consisted of recruiting patients to come volunteer to be a patient and get them on the schedule. My classmates and I have put a lot of effort behind the scenes to get everything ready for the clinic and we can't believe it is finally here. Helping in the clinic will really help facilitate my learning to apply everything that I have learned the past year and also help serve those in the community."

-Alissa Avila, Patient Scheduler

"My name is Hannah Parker and my role on the Pro bono board is patient scheduler. I am looking forward to seeing how the work that my classmates and I have done in the past few months comes into fruition once the clinic opens for the semester. I have been able to get to know patients and get them scheduled to participate in our Pro bono clinic. I am looking forward to putting my skills as a second year DPT students to use because of all the knowledge that we have coming together to help patients get back to their prior level of function."

"My name is Maggie McMullen and I am serving on the Pro Bono Board as the Director. This includes working closely with Dr. Bayliss and the members of the board to prepare for the semester ahead and make decisions on what we want the clinic to look like. Preparing for this upcoming semester has required intentional work and dedication from everyone on the board. We are so excited that the time is finally here! I am looking forward to seeing everyone's hard work come into fruition and be able to use the knowledge I have obtained in the last year of school! It is a gift to work alongside my classmates and serve our community at the same time!

-Maggie McMullen, Director

We are grateful for our students' service and selflessness and look forward to another successful year providing services to our local community!

To learn more about the clinic or sign up to be a volunteer patient or clinician, visit our webpage: <https://www.msj.edu/pt-clinic.html>.



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

Clinical Education Spotlight

Each newsletter, we enjoy sharing highlights from our various clinical partners. This month we are proud to feature [Carespring Health Care Management](#). Carespring has been a strong clinical partner and currently is hosting four of our students throughout the Cincinnati region with many future placements to come.



Mark Zielinski, MPT (Class of 2002)
Regional Vice President of Rehabilitation

Carespring is an independently owned and operated group of skilled nursing facilities. We have 16 facilities and 2 senior living campuses where we specialize in skilled nursing, compassionate nursing home care, rehabilitation, transitional care, and memory care. We also offer assisted living and

care for our residents with grace and appreciation by investing in our teams, facilities, and programs creating a place where people can connect and live their lives to the fullest.

Carespring has been a proud partner of Mount St. Joseph University for more than 20 years, providing valuable clinical placement opportunities for students. I was fortunate to experience this partnership firsthand as a student at MSJ, completing my clinical training at Highlandspring in 2002. Today, I am honored to continue that connection by collaborating with MSJ to place students across our skilled nursing facilities in Dayton, Cincinnati, and Northern Kentucky.

Our clinicians deeply value the opportunity to mentor students, recognizing that the relationship between clinical supervisor and student is mutually beneficial. It allows us to guide and shape the next generation of therapists, while also giving us the chance to learn from the fresh perspectives and approaches students bring to the clinic. We believe our skilled nursing facilities offer a truly unique clinical experience. Each location employs multiple Physical Therapists, providing students with the opportunity to learn from a variety of professional viewpoints. In addition, our large open therapy spaces create an environment where students can observe Occupational Therapists and Speech-Language Pathologists delivering care within their areas of expertise. This collaborative learning model ensures that students placed with us develop a well-rounded understanding of all aspects of skilled nursing care.

Carespring proudly employs 17 Mount St. Joseph graduates, eight of whom completed clinical rotations with us. From our CEO, Chris Chirumbulo (Class of 2000), to our newest therapists, we know that MSJ graduates are exceptionally well prepared to enter the workforce. They consistently demonstrate the skills, compassion, and dedication needed to succeed as therapists and to carry out our mission as caregivers.

A Milestone in the Life of a Second Year DPT Student: The Clinical Education Lottery

By Dr. Jamie Bayliss

The Fall is such a great time of year! What could be better than the leaves changing color, everything pumpkin spice or apple cider, college football and new episodes of your favorite TV shows?! If you ask a second-year physical therapist student at the Mount they might disagree and tell you the best thing

The fall of year two in the Mount's DPT program signifies an important milestone – student selection of clinical education placements for three of the four terminal clinical experiences! Really...*students get to pick their clinical placements!!* On Friday, September 26th students from the Class of 2027 did just that. And what better way to celebrate a milestone than with the presence and support of Joe Lion!

After researching clinical sites, meeting with clinical education faculty and determining their interests, the second year DPT cohort eagerly awaited their randomly generated number in the lottery to see what the 'luck of the draw' would bring them! And of course, you can't have a draft without a friendly faculty chili cook off!! Congratulations to this year's winner...Dr. Eric Schneider!

Emotions run high with excitement and nervousness while faculty offered encouragement to step out of comfort zones, reassurance that a site will be a good fit, and sighs of relief once clinicals are selected. Students are enthusiastic for upcoming travel all over the country including northern Michigan, the Carolinas, California, Seattle, and Florida! Most of all, students are genuinely appreciative of the clinical placements from our clinical partners and the dedication of the faculty and staff at the Mount for their hard work in developing and maintaining excellent clinical education partnerships!



Alumni Spotlight

Prial Sheth, PT, MPT (Class of 2004)

PTs, and they helped me with various techniques and diagnoses. I learned Kinesiotaping, dry needling and manual techniques during my outpatient experience.

After 2 years, I transitioned with a small homecare agency, and my heart was set there. Everyday, I saw patients in variety of homes and my PT mind would tell me how I should help this patient in his/her environment, which was always challenging. I learned a lot and got amazing experiences during my time with home health care. While doing home health care, I got my certifications for certified weight trainer and certified senior strength trainer.

NovaCare called me back and wanted me to run one of the biggest clinics in northern Kentucky as a Clinic Director, where I oversaw 5 PTs, 5 ATCs and 2 PTAs. We had 16 orthopedic doctors in the same building, and I even saw patients on their bedside right after surgery. This was one of the most enjoyable work experiences as I saw various kinds of surgical patients, created therapy protocols in collaboration with surgeons, and oversaw a large clinic. This enhanced my career as a PT, and I got broad experience while working with orthopedic surgeons.

Fast forward a few years, I went with home health again as I missed seeing patients in their homes and working out of box on a daily basis. Home health also gave me flexibility with my schedule, and I was able to take care of my kids during Covid times. Currently, I work for small home healthcare company (Indus Home Health) as a Director for Therapy and oversee scheduling, staffing, and treating patients on daily basis. Currently, we are open to hiring PTs for our growing home healthcare agency.

Outside of work, I enjoy traveling with family and friends. I love to watch Reds baseball and Bengals football. Both my boys are in baseball, so most of my weekends I am being an Uber for them, which I love. I help my boys' teams on the sidelines as a trainer and occasionally as a cheer leader for them.

My favorite aspects about the Mount were the strong bonds I built with my professors and the lifelong friends I made. One of my favorite memories was working with Prof. Carolyn Kisner and how meticulously she trained us in manual therapy techniques. I still use some of the same manual techniques on my Homecare patients.

One of the things I will recommend for aspiring professionals, or new graduates, is to be diligent, flexible and be ready to learn new skills on a daily basis. I am still learning even after 20+ years of being a PT.



~Celebrations and Fun~

PT Alumni Event 2025 at Oakley Greens



On Friday, September 27, the MSJ Physical Therapy community came together for a truly special evening at Oakley Greens. 52 alumni representing 20 different graduation years joined us, along with their families and friends, bringing the total crowd to an incredible 88 people. With wide open green space, kids had plenty of room to run and play while alumni reconnected, shared stories, and built new connections across generations of PT grads. The event was filled with laughter, reminiscing, and the unmistakable spirit of the MSJ PT family.

Whether you graduated years ago or just recently, the sense of community was strong, and it was wonderful to see so many familiar (and new!) faces come together. The MSJ PT Alumni Board is grateful to everyone who joined us and helped make this evening such a success. Here's to celebrating our alumni, strengthening our connections, and looking forward to more gatherings that bring our PT family together!

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**](#)

PT Pub Night for OPTA SW District



On August 22nd, more than 80 students, clinicians, alumni, and faculty gathered at Westside Brewing to celebrate the Ohio Physical Therapy Association (OPTA) Southwest District PT Pub Night!

The evening was an excellent networking opportunity and a warm welcome to our first-year cohort. We are excited to share that the Class of 2028 is now officially part of the American Physical Therapy Association (APTA) and OPTA! We look forward to seeing them at many more professional events and conferences in the years ahead.

In addition to building community, the event raised over \$400 for the Ohio Physical Therapy Political Action Committee (OPT-PAC). OPT-PAC plays a vital role in advancing the legislative and political interests of the physical therapy profession in Ohio. As a non-partisan entity, OPT-PAC is supported through voluntary contributions that help fund the campaigns of Ohio legislators who advocate for and support the growth and advancement of physical therapy.

A huge thank you to the MSJ Student Physical Therapy Association and membership coordinator, Hannah Werner, for organizing such a successful and meaningful event!

Summer Research Proposals

By Dr. Eric Schneider

Class of 2027 worked in groups to complete a semester long project where they were required to create an original research project. Groups were assigned faculty mentors who were content experts in their research project's primary area of inquiry. Each group was required to submit a research proposal paper, but also defend their proposal via an in-person presentation to their fellow classmates and faculty.

The research proposal presentations took place on Thursday, August 7th. The proposed research topics spanned a variety of practice patterns and involved many techniques that are a part of best practices for contemporary physical therapy. The proposal titles were as follows:

- Effect of Inspiratory Muscle Training on Functional Capacity in Women with Class II Chronic Heart Failure: A Mixed Methods Study, *Presented by: Lauren Horn, Annie Pierce, Olivia Anaple, Olivia Kuetemeyer, and Sidney Martin*
- Effects of Various Resistance Training Protocols on HbA1c and Quality of Life Measures in Adults with Non-Insulin Dependent Type II Diabetes, *Presented by: Brady Baldock, Mike Vannest, Kara Moe, Erica Preston, and Kelly Brenner*
- Effect of Vasopneumatic Compression Therapy on Delayed Onset Muscle Soreness in First Time Marathon Runners, *Presented by: Ethan Robbins, Tristen Slagle, Sarah Nie, Tyra Nellom, Evan Walters*
- Comparing the Effects of Various Dual-Task Training Protocols on Reducing Fall Risk in Patients with Mild to Moderate Cerebrovascular Dementia, *Presented by: Maggie Ernst, Emily Kessler, Tyler Sullivan, Hannah Werner, Maria Wright*
- Effectiveness of High-load and Low-load Resistance Training on Glenohumeral Complex Stability in Individuals with Hypermobile Ehlers-Danlos Syndrome, *Presented by: Nick Carr, Rowan Lee, Brooke Toman, Tori Young, Jalyn Jackson*
- Effects of Blood Flow Restriction Training on Lower Extremity Strength, Ambulation, and Quality of Life in Patients with Multiple Sclerosis ages 25-60, *Presented by: Maggie McMullen, Alissa Avila Renteral, Kylee Aulick, Taylor Buell*
- Comparing the Efficacy of Trigger Point Dry Needling to Manual Therapy for the Management of Temporomandibular Dysfunction, *Presented by: Rianna Greene, Jacob Brackney, Emma Otten, Brady Switzer*
- Effect and Duration of Trigger Point Dry Needling on Plantar Flexor Spasticity in Patients Post-Stroke, *Presented by: Mary Grace Kelty, Matt Obert, Jacob Zisko, Cam Butland, Meaghan Migatz*

Hannah Parker, Nick Oehler, Anna Schwettman

Congratulations to the entire Class of 2027 for their hard work throughout the summer semester!

Upcoming Free CEU for Alumni and Clinical Partners

Health and Wellness Principles for the Physical Therapist

Join us for an on-campus CEU course focused on best practices in health and wellness, including the latest evidence on the benefits of resistance and cardiovascular training, as well as foundational nutrition principles to improve healthspan and longevity for both you and your patients.

Pending 4 hours CEDU Approval through Ohio OTPAT Board.



**Dr. Eric Schneider, PT,
MPT, DHSc, OCS, CMTPT**



**Saturday,
November 22, 2025**

Use the QR Code above to
register or go to:
<https://forms.gle/Q3Ca59tKgXjppJ758>

Support the Program and Students



We gladly accept donations of any amount for the DPT program. The donated funds are used to purchase equipment and supplies for classes, laboratories, 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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