

## **Widespread Enthusiasm in the Finger Lakes!**

By Monica Lesslie, SPT

*Over the past few months students have really been expanding their horizons within the realm of physical therapy!*

A group of MSPT students from Ithaca College traveled to China this summer exploring Beijing and Chengdu. They were involved in a two week study abroad program concentrating on rehabilitation and health promotion in China. The students attended classes at Beijing Sports University and Chengdu Sports University, learning about Traditional Chinese Medicine which included acupuncture, Chinese massage, herbal therapy, Tai Chi, and Wushu. They also met with the planning committee of the 2008 Beijing Paralympics Games at the Olympics Tower in downtown Beijing to discuss the classification system for athletes and how the city of Beijing is getting ready to host the Games.

Many MSPT and DPT students volunteered at the International Federation of Disabled Sailing World Championships held in Rochester in September. The event was a huge success! Some of the DPT students completed the training and worked as classifiers for the event.

From September 14<sup>th</sup> to 16<sup>th</sup> The Greater Rochester Spina Bifida Association hosted the Youth and Adult Alliance Fall Retreat at Camp Hacamo in Penfield, NY. Six Ithaca College MSPT students (Laura Teeter, Carolyn Murphy, Megan Murphy, Nikki Saxman, Maggie Gallagher and Becca Gerlach) participated by playing in the pool, helping with transfers and personal care, making crafts and promoting social interaction while dancing the night away. The hidden agenda was to give the campers' time to network with other people with some of the same challenges and concerns, and to give them an independent overnight experience, separate from their parents.

Students and faculty continue to actively participate in events to raise money for the American Cancer Society. On September 30<sup>th</sup> the 'ICPT Striders' were bundled up and ready to go at the Making Strides Against Breast Cancer Walk – 3K in downtown Rochester.

Physical Therapy month went well as the FLPTA and the Alliance co-sponsored a booth to promote Physical Therapy at the Alesi Health Fair held on October 4<sup>th</sup>. Much enthusiasm was also brought to the Distillery on Winton Road as members and non-members joined in a "Celebration of PT Month," collaborating their ideas and support for the growing profession in the Rochester area. Also, on the educational front, an Orthopedic Update was held at the Ithaca College – Rochester campus on Goodman St. with speakers including Janet Kneiss, PT, Brian Briggs, PT and Chris Neville, PT.

Also in October, Melissa Whited, K.C. Lewis, Maggie Ghallager, and Laura Teeter (MSPT IC students) volunteered with Dr. Houck (a professor at the Ithaca College – Rochester campus) at the St. Joseph's House Foot Washing Clinic in the South Wedge neighborhood of Rochester. Four times a year the clinic offers pro-bono foot washing and screening to attendees, many of whom are homeless. The clinical team involved consists of nurses, a medical doctor, podiatrist and now physical therapists. Various stations were set up for washing feet, providing foot massages, screening feet for protective sensation, and administering simple exercises. The organization provides every attendee with a bag of soaps and lotions and a fresh pair of socks on

their way out. The attendees were extremely appreciative and students plan to return for the clinic at the end of January.

Melissa Whited, Laura Teeter, Brandi Bossinger, and Kelly O'Mara (MSPT IC students) volunteered at the Beast of the East Quad Rugby tournament in New Jersey this November. The tournament included 10 teams, some from as far as Canada and Florida, and was hosted by the Magee Eagles out of Philadelphia. Ithaca volunteers participated in keeping statistics and penalties, running games clocks, distributing food to players, and assisting players with any equipment or bags. Quad rugby is a hard hitting and intense game to watch. It is played on a basketball court with volleyball and all players are in a special made chair for the game.



*(Beast of the East Quad Rugby tournament)*

Erin Clougherty (MSPT IC Student) was in Portland, Oregon for her third Clinical Affiliation and volunteered with Portland's Quadriplegic Rugby team (ranked 2<sup>nd</sup> nationally!) If you have ever seen the documentary "Murderball" it is the same as the sport depicted in the movie! As she went to the practices, not only did she learn a lot about the sport, and athletes with disabilities, she also became familiar with how to be a wheelchair mechanic (pit crew). Two of the men on the team were recently selected to represent the United States in Beijing this summer and two more were selected as reserve players for the national team.

Through January and February, the pediatric program at the Al Sigl center in Rochester New York has opened up a volunteer opportunity where several Ithaca College physical therapy graduate students have gotten the chance to work one on one with children with various developmental disabilities in an aquatic therapy program. The children range from the ages of 5-18 years, and have given the students a great and rewarding opportunity to work not only with a wide range of ages, but many different diagnoses as well.

*Akira Do (IC MSPT student) took and passed the CSCS exam this January.*

*Nicole Gunderson currently volunteers at the HIV/AIDS clinic ARI in Rochester. She plans on completing her certification to do the swab test for HIV at the next available class in April.*