This year is off to a great start, and I would like to welcome the 87 new students of the class of 2014! A date has been set for convocation for last year’s graduates, November 14th, with a reception for students and families being held at the Chestnut Hotel. The Class of 2012 also celebrated Research Day on Wednesday, July 25. Nineteen student groups presented their research projects, completed under supervision of a practitioner and an academic faculty. Great work, Class of 2012!

Congratulations to Nancy Christie and Darryl Yardley who were presented with an Arbor Award on September 12th at the University of Toronto President’s residence. Daryl and Nancy received this award for their outstanding personal service to the University. It is presented to alumni who help make the U of T a better place to learn and work through their dedication and generosity. Dr Kara Patterson was the successful candidate in our recent search for an Assistant Professor Tenure-Stream in the field of neuro-rehabilitation. The main focus of her teaching will be in developing and overseeing the neurological practice curriculum of the MScPT program. Kara is currently an Assistant Professor in the School of Physical Therapy at Western University. She will be joining the Department on January 1st and we know she will make a valuable contribution to our team!

The Department of Physical Therapy Awards Ceremony will take place on Thursday, January 24th, 2013 from 12:00-1:00 pm in Room 3154 in the Medical Sciences Building (MSB) at UofT. There will be a lunch from 11:30 - 12pm in the Stone Lobby at MSB. Immediately following this event from 1:00 - 2:00pm in Room 3154, there will be a session for the community entitled: ‘Department of Physical Therapy Curriculum Innovation: a Dialogue’. This will be an opportunity for the Department to provide an update on one of our Strategic Directions, our curriculum renewal project. We look forward to sharing our progress so far and look forward to hearing your thoughts and feedback. More details on both events will follow.

Mark your calendars! Following are dates of upcoming Rehab Rounds:

- **October 4th: (12pm – 1pm)** Mika L. Nonoyama RRT PhD, Post-Doctoral Fellow, Bloomberg Faculty of Nursing, UofT - ‘A Study on Home Long-Term Mechanical Ventilation: Healthcare Costs and Utilization’.
November 1st: (12pm - 1pm) Chetan Phadke BPhT, DRPT, PhD, Assistant Professor, Department of Physical Therapy, Uof T; Scientist, Spasticity Research Program, West Park Healthcare Centre - ‘Physiological and Psychological Triggers that Increase Spasticity’.

If you have any comments or feedback, please let us know at pt.chair@utoronto.ca

Katherine Berg
Chair, Department of Physical Therapy

COMMUNITY PROFILES

LONDON 2012, MY EXPERIENCE AT THE 2012 PARALYMPICS
by Shelley Gautier

Celebrating the empowerment possibilities of ideas, science and creativity, the Paralympic Games returned to Britain, where the movement began in 1948 as the Stoke-Mandeville Games, running in parallel with the London Olympics.

I took the journey to London, as did 4,200 athletes from 166 countries, to discover what it was like to be an athlete helping others with the journey of discovery. I joined a group of athletes whose performances were made possible and enhanced by ideas, science and creativity that were celebrated at the opening ceremony. Paralympic athletes who competed in London were able to get people to think of sport and disability in a way never thought of before. All the athletes inspired the people of the world. We were able to transform perceptions about those who are disabled.

My own experiences at the Paralympics were spectacular. When I started training for the Paralympics four years ago, triking was a new sport. Previously it was not thought that people with my level of disability could compete in cycling. So triking is a new sport, particularly for women, just at the beginning of its paralympic journey. I feel like I am a trailblazer. Because of the newness of the sport men and women must compete against each other to keep the sport alive. In triking disabilities are categorized as T1 and T2, with T1 being the more disabled and T2 being the less disabled. In London the men and women and T1 and T2 athletes competed all together. I have hopes of encouraging more T1 and T2 women in particular to participate at paracycling World Cup events. There is also the ultimate hope of having separate male and female trike categories in Rio at the 2016 Games.

In London, I did not win a medal. However I won and feel good about having done the following for myself and for Canada:

I came in as second female at the Time Trial race
I came in as first T1 female in the Time Trial and Road Races.
I enjoyed the moment, knowing that I did the best that I could in an event dominated by males. Hoping to improve, I will be there to challenge trikers in the next Paralympics. I have been very
fortunate to have received a huge amount of support from many friends in Toronto and the Canadian paracycling team coaches and organization.

The Paralympics are an experience to learn from. I have learned lots about my sport and the sports of other athletes. I am extremely proud to have represented Canada (and the University of Toronto) in the trike category at the London 2012 Paralympics.

Shelley Gautier, World Champion
Canadian Paracycling Team
http://roadtolondon2012.wordpress.com/

Shelley was a multi-sport athlete in hockey, soccer and a ranked mountain biker while she studied at UofT T to become a physical therapist in the mid 1990’s. In 2001 an accident left the right side of her body paralyzed. A true fighting spirit, she refused to let her disability keep her from competing and living.

DEPARTMENT NEWS

ONTARIO INTERNATIONALLY EDUCATED PHYSIOTHERAPIST BRIDGING PROGRAM (OIEBP) ANNOUNCEMENT

A special media event was held at 500 University Avenue on June 25th to announce 70 new and renewed Bridge Training Projects, including the new Ontario Internationally Education Physiotherapy Bridging Program (OIEBP) coordinated by the University of Toronto, Department of Physical Therapy. Ontario Citizenship and Immigration Minister Charles Sousa, also MPP for Mississauga South, spoke about the new programs which will help physical therapists and other skilled immigrants find work in their field. Also in attendance were Chungsen Leung, Parliamentary Secretary for Multiculturalism, Cheryl Reghr, Vice-Provost, University of Toronto, Dean Lising, Professional Leader Physiotherapy, William Osler Hospital. On hand to speak about their personal experiences were several newcomers who talked about the difficulties finding employment in their new country.

DEPARTMENT OF PHYSICAL THERAPY RECOGNITION AWARDS 2012

We are now receiving nominations for the Department of Physical Therapy Recognition Awards! Each year, the Department of Physical Therapy acknowledges those individuals who have provided great learning environments, guidance, supervision, or have been inspirational to our PT students with Department of Physical Therapy Recognition Awards. Recognition award recipients can be faculty members, clinical instructors, small group facilitators, lab demonstrators, teaching assistants, or other educators. Recipients can also be an entire site/team. The nominators can be students, clinicians or faculty.

The Awards Ceremony will be take place on Thursday January 24th, 2013 at the Medical Sciences Building (MSB), Room 3154 at the University of Toronto. If you would like to

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nominate an individual or site/team for an award, please complete the nomination form at this link.

http://www.physicaltherapy.utoronto.ca/recognition-award-nomination

The deadline for nominations is Wednesday December 5th, 2012. We look forward to receiving your nominations!

Sincerely,
The Department of Physical Therapy Recognition Awards Committee

UNDERSTANDING AND ADDRESSING HIV AND DISABILITY-RELATED STIGMA

Stephanie Nixon, Assistant Professor, Department of Physical Therapy and Academic Director, International Centre for Disability and Rehabilitation, is spearheading a programme of advocacy-oriented research on HIV and disability in Southern Africa. She recently received CIHR funding to convene a meeting of women and men with disabilities and/or living with HIV, activists, researchers and health workers in Lusaka, Zambia to address stigma related to HIV and disability.

Featured in photo (LtoR): Samson Mwale (Zambian sign language interpreter), Justine Bbakali (Zambia Federation of Disability Organizations), Mary Wendy Kateka (Zambia Disability HIV/AIDS Human Rights Programme), Cathy Cameron (ICDR research coordinator), Precedece Gertrude Kapulisa (physiotherapist and head of the Community Based Intervention Association, Zambia), and Dr. Stephanie Nixon.

CALL FOR CLINICAL INSTRUCTORS

IMAGINE (Interprofessional Medical and Allied Groups for Improving Neighbourhood Environment) is an interprofessional, UofT student-run community health initiative aimed at promoting and providing health care, and is looking for registered physiotherapists for its clinic. The IMAGINE clinic is a primary health care clinic that serves marginalized populations in Toronto. A document describing the extent of services provided is available upon request.

The role of the Clinical Instructor will be to:
- Supervise and guide students in their management of clients
- Be a role model for Professional practice
- Foster an environment where students can confidently provide healthcare to the level of their training.
- Help ensure inter-professional efficiency and cohesiveness.
- Provide formal teaching when addressing specific and identified health needs.
- Provide informal teaching during patient encounters.
- Guide self-directed learning as indicated by specific client needs.

The IMAGINE Clinic will operate out of the Queen West Health Centre located at 168 Bathurst Street. It will be open to IMAGINE clients every Saturday between 9am – 2pm. We are seeking a commitment of one to three weekends from each Clinical Instructor.

For an information package, please email imagine.preceptors@gmail.com, we look forward to working with you!
CONGRATULATIONS TO THE FOLLOWING FACULTY MEMBERS!!

Kelly O’Brien and her team were awarded a CIHR Dissemination Grant entitled ‘Translating Research Evidence from the Canada-UK HIV and Rehabilitation Research Collaborative: An International Forum on HIV and Rehabilitation Research’.

Stephanie Nixon and Kelly O’Brien were awarded New Investigator Salary Award from the Canadian Institutes of Health Research (CIHR). The New Investigator Salary Award program provides outstanding new investigators the opportunity to develop and demonstrate their independence in initiating and conducting health research in specific areas, through salary contribution. The title for Kelly’s project is: Measuring and Modeling Disability, Comorbidities and Rehabilitation among People Living with HIV in Canada: The HIV Health and Rehabilitation Survey, and the timeframe is five years. Stephanie’s project is entitled: Exploring the ‘Functioning, Disability and Health’ of Women and Men Living with HIV in Zambia: Shifting Perspectives for a Longer-Term Approach to HIV Care in Southern Africa, with a timeframe of three years.

Katherine Berg and colleagues have been awarded a grant entitled:
- CIHR grant for the project "A Tai Chi-based exercise program provided by Telerehabilitation compared to home visits in patients who had a stroke and who return home without intensive rehabilitation: a clinical randomized noninferiority trial"

Stephanie Nixon was appointed Senior Academic Fellow, effective September 1, 2012, with the Comparative Program on Health and Society (CPHS) at the Munk School of Global Affairs.

As of July 1, 2012, Stephanie Nixon was also appointed Director of the International Centre for Disability and Rehabilitation (ICDR) www.utoronto.icdr.ca.

Judi Hunter is part of a team headed by Dr. E. Widerstrom-Noga, University of Miami, Miller School of Medicine, Miami Project to Cure Paralysis who were awarded a 3 year grant from the US Department of Defense, entitled - “Experiences of Living with Pain after a Spinal Cord Injury”. This grant builds on a successful Unit 6-10-12 project, which was previously published in Disability and Rehabilitation, 2010.

Dina Brooks and her team have been awarded the following grants:
- Ontario Respiratory Care Society and Canadian Respiratory Health Professionals (Lung Association); Title: 'Patient and Provider Perspectives on a Community-Based, Post-Rehabilitation Exercise Program for Chronic Cardiovascular and Respiratory Disease’
- Ontario Stroke Network; Title ‘Effects of an Adapted Cardiac Rehabilitation Program of Combined Aerobic and Resistance Training versus Aerobic Training Alone in People following Stroke’

Kelly O’Brien received a Dobbin Scholarship from the Ireland Canada University Foundation. The Dobbin Scholarship provides support to both Irish and Canadian scholars and academics whose research contributes to the rich academic and cultural links between Canada and Ireland. The Dobbin Scholarship supported a four week scholarly visit to Dublin Ireland in June-July 2012 where Kelly established new academic partnerships with colleagues at Trinity College Hospital and St. James’s Hospital, Dublin Ireland; collaborating on a research study to validate the HIV Disability Questionnaire and explore the episodic nature of disability among adults living with HIV in Dublin. The Dobbin Scholarship provided a foundation for ongoing future international collaborations between Canada and Ireland in the field of HIV, disability and rehabilitation research.
PUBLICATIONS

DOI: 10.3109/09638288.2012.702848


COURSES/PRESENTATIONS/EVENTS

REHAB ROUNDS – UPCOMING DATES: SEPTEMBER 2012

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SAVE THE DATE!
UOFT ALUMNI SPRING REUNION

Date: May 29th to June 2nd, 2013

The 2013 event will be for the graduating classes ending in 3 or 8

The PT and OT Alumni are planning an event (TBA) on Friday evening May 31st as well as a Breakfast Meeting and Awards Presentation on Saturday morning, June 1st from 9.30 to 12.00 noon. Further details will be coming soon in the next PT Link.

CENTRE FOR FACULTY DEVELOPMENT SPRING WORKSHOPS

The Centre for Faculty Development is pleased to announce the schedule for their Fall workshop series.

To view upcoming workshop and to register, please go to: http://www.cfd.med.utoronto.ca/programs/upcoming-workshops.html

For more information, contact Jackie McCaffrey, Project Coordinator at: mccaffreyj@smh.toronto.on.ca (416) 864-6060 x6546

NON-UNIVERSITY OF TORONTO COURSES/EVENTS: The following courses/events are from outside the University of Toronto, and are not being promoted by the Department of Physical Therapy.

DISABILITY, INCLUSION AND REHABILITATION: A SHOWCASE OF CANADA’S GLOBAL RESPONSES: CALL FOR PRESENTATIONS

Submission deadline: Wednesday, September 26, 2012
To submit, click on http://www.ccgh-csih.ca/evaluations/index_no_login.php?id=16

Date: 1-3pm, Sunday, October 21st, 2012
as part of the 19th Canadian Conference on Global Health

Location: Delta City Centre Hotel, Ottawa, Canada, 21-23 October 2012

Purpose: To build momentum by convening and uniting people working on issues of disability, inclusion and/or rehabilitation related to global health research.

Coordinated by: The Theme Group on Inclusion and Disability, which is a partnership of the International Centre for Disability and Rehabilitation (ICDR) and the Canadian Coalition for Global Health research (CCGHR).

Who should submit a presentation idea: Researchers, students, community-based workers, NGO’s, activists and anyone else with information to share about disability, inclusion and/or rehabilitation related to global health research.
What do we mean by “research”: Research is understood broadly to include not only the creation of knowledge, but also the use of knowledge including evidence-informed advocacy.

Format of the session: Depending on demand, we will invite 5-10 minute oral presentations to showcase work and introduce ideas, followed by the opportunity for exchange and dialogue.

Review process: Submissions will be peer-reviewed by a committee of the Theme Group on Inclusion and Disability. Successful applicants will be notified by email by October 5, 2012.

Registration: The early bird member discounted rate has been offered to “Disability, Inclusion and Rehabilitation” participants who wish to attend the full conference!
1. To select this option please register at: http://www.ccgh-csih.ca/csih2012/registration/
2. Select the CSIH Member Full Registration option.
3. Enter the promo “EARLYRATEMEMBER” code at the bottom of the page
A discount reflecting the difference in the rates will be on your invoice. Student registration rates remain at 250$ for the entire conference, and 75$ for the full programme on Sunday only. The room block and special rates for the Conference expire on September 21st. When reserving please say you are with the Canadian Society for International Health Conference. Code is: CNDS

THE URBAN POLING (MODIFIED NORDIC WALKING) COURSE FOR REHABILITATION PROFESSIONALS

Date: October 3, 2012
Time: 4:00-8:00 pm.
Location: Holland Bloorview Kids Rehabilitation Hospital, 150 Kilgour Road, Toronto, ON M4G 1R8

For More Information:
Discover how Activator walking poles improve gait outcomes, posture, balance and core stability!

The unique Activator walking poles (co-developed by a therapist) are for:
• clients recovering from total hip/knee surgery & those with OP, OA
• treating neurological conditions (Parkinson’s, TBI & CVA)
• rehab centres specializing in RTW programs
• older adults in homecare, retirement and long-term care settings

This comprehensive 4 hour course for rehab professionals (P.T., O.T., kinesiologists & R.A.) includes instruction on both rehab and fitness techniques. Learn how to safely and effectively use this new tool for one-on-one sessions with clients, for group exercise programs and in your community.

Presenter: Tracy Lee PT

Registration Information: www.urbanpoling.com, or call 1-877-499-7999

Cost: $229.99 (includes one set of poles (retail $99.99), 55-page manual, bonus audio marketing course, access to a private instructor website & wholesale pricing on equipment orders.)
**GRADED MOTOR IMAGERY**

Graded motor imagery (GMI) is a sequential process of rehabilitation where the therapeutic targets are synapses in the brain. For the first time, effective treatment for difficult neuropathic pain states (eg CRPS) is now available. The Graded Motor Imagery (GMI) course provides the most up to date basic sciences, clinical trials, and clinical use of the programme. The course is series of lectures, practical sessions and clinical applications.

**Date:** October 6th, 2012

**Location:** East Toronto Orthopaedic & Sports Injury Clinic, Toronto, Ontario

**For Information:** [www.easttorontophysiotherapy.com](http://www.easttorontophysiotherapy.com)
david@mytorontophysio.com

**Cost:** $250+HST ($282.50 HST incl., includes web support)
Registration is open to Health professionals involved in pain and stress management.

**Presenter:** DAVID BUTLER M. App. Sc. PT, EdD NOIGROUP.COM
David is a clinician, an international freelance educator and a senior lecturer at the University of South Australia. His professional interests focus around the integration of neurobiology into clinical decision making and public and professional education in pain, stress and performance management. Food, wine and fishing are also research interests. An internationally recognised author, lecturer and instructor, David’s texts include Mobilisation of the Nervous System, The Sensitive Nervous System, and Explain Pain co-authored with Dr Lorimer Moseley. He is also co-author of The GMI Handbook with Lorimer Moseley, Tom Giles and Tim Beames.

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**THE STUDY OF HUMAN MOVEMENT**

**A Three-Day Introductory Course on the Relationship Between Postural Control and Functional Development: The Bobath Concept**

**Course Dates:** November 2-4, 2012

**Location:** Physio-Logic Neurological Rehabilitation
96 Scarsdale Rd, Toronto

**Course Instructors:** Julie Vaughan-Graham PT, MSc Advanced IBITA Instructor

**Course Description:**
The participant will be introduced to the analysis of movement on course participants as a basis for discussing the assessment and treatment of deviations of posture and selective movement. The information shared in this 3-day course is based on the Bobath Concept. The course will be largely practical with some formal lecture and informal discussion.

At the completion of the course the participant shall be able to:
- Recognize the importance of a problem solving approach in the assessment and treatment of movement dysfunction.
- Begin to observe and analyze human movement with reference to base of support, alignment, selective movement with respect to activity performance.
• To develop an understanding of balance with respect to predictive and reactive postural control strategies.

• Appreciate the influence of sensory information on motor output through an experience of facilitated movement.
• Begin to describe the relationship of neural and musculoskeletal plasticity to patient potential.

This course is open to PT’s and OT’s.

Contact: info@cbia.org.com or visit www.bobathcanada.com for further details and registration.

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**BAYCREST 2013 NEUROSCIENCE CONFERENCE**

Save the date to join world-renowned scientists at the 23rd annual Baycrest’s Rotman Research Institute conference titled "Brain Plasticity and Neurorehabilitation".

**Date:** March 4-6, 2013. Pre-conference workshops on March 3, 2013.

**Information:** Queries can be directed to (416) 785-2500 ext. 2363 or e-mail Paula Ferreira.

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**AFTER SHE LEAVES: SUPPORTING WOMEN THROUGH THE FAMILY COURT PROCESS**

Springtide Resources

Designed for frontline workers, "After She Leaves" provides strategies and information on family court issues encountered when working with woman abuse survivors.

Created by Springtide Resources and Luke’s Place Support and Resource Centre, "After She Leaves" is a self-directed, skills-focused training. Each module includes activities such as case studies, online search activities, games and off-line assignments.

**Cost:** This training is available as an 8 module package for $250 or individual modules at $50 each.

For more information or to register: email learning@springtideresources.org
Or visit: www.springtideresources.org/online-training

Watch a free webinar on some of the issues covered in "After She Leaves" on the Springtide Resources website.

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**OTHER NEWS**

**REHAB SCIENCES SPACE AVAILABLE FOR RENT!**

Event space is available to rent in the Rehabilitation Sciences Building at 500 University Ave. The Rehabilitation Sciences Building is located just north of Dundas St, close to University Health
Network, Hospital for Sick Children, Mount Sinai Hospital and the Toronto Rehabilitation Institute.
We are also close to the Ryerson University Business School at Bay and Dundas, and the Ontario
College of Art and Design on McCaul St.

We have two step-style classrooms with desks that seat up to 90 persons and a number of flat
classrooms that seat from 40 up to 90. In addition, there are a number of small ‘break out”
rooms available that can be used for groups of 12. We also have a computer lab with 44 desktop
computers that can be used for testing or training. PT also has two clinical labs which provide
great opportunities for practicing and teaching clinical skills. The building has a small café on the
ground floor. You can view pictures of our facilities on the Rehab Sector web site,
www.rehab.utoronto.ca.

For availability and rates, please contact Rehab Sciences at: 416-946-8554
Email: rehabsector.reception@utoronto.ca.

About PT Link

PT Link will be published bi-monthly beginning September, 2012.
To subscribe please email pt.chair@utoronto.ca and type “Subscribe” in the subject line.
To unsubscribe please email pt.chair@utoronto.ca and type “Remove” in the subject line.
Past issues of the U of T PT Link will be posted on the Department of Physical Therapy website.
Please submit content in Word format to Cindy Mallory at pt.chair@utoronto.ca.