

Awards

On a local, national and international scale, our department's commitment to research, scholarship and leadership has earned widespread respect and celebration.

Faculty Awards

Aileen Davis, Physical Therapy Alumni Achievement Award, University of Toronto

Barbara Gibson, Elected Fellow to the College of New Scholars, Artists and Scientists of the Royal Society of Canada

Barbara Gibson, 'True Blue' Award, University of Toronto

Chetan Phadke, 2017 Best Poster Award, West Park Health and Innovation Showcase

Dina Brooks, Honourary Life Membership Award, Canadian Lung Association

Dina Brooks and George Mochizuki Receive Rehabilitation Sciences Institute Awards

Dina Brooks, nominated by Faculty of Medicine for JJ Berry Smith Doctoral Supervision Award, University of Toronto

Euson Yeung, Canadian Physiotherapy Association Mentorship Award, Canadian Physiotherapy Association

Katherine Berg, Silver Quill Award, Canadian Physiotherapy Association

George Mochizuki, Exceptional Alumni Award, School of Human Kinetics, Laurentian University, Sudbury, Ontario, Canada

George Mochizuki, Early Career Excellence in Supervision and Mentorship, Rehabilitation Sciences Institute, University of Toronto, Toronto, Ontario, Canada

Kara Patterson, Innovation and Advancement Award, Ontario Physiotherapy Association

Kelly O'Brien, Visiting Professorship and Fellowship Award, Trinity College Dublin

Sunita Mathur, CRHP Distinction Award, Canadian Respiratory Health Professionals

Students Awards

Celine Nathoo, Gordon Cressy Student Leadership Award, University of Toronto

Crystal McKay, CIHR Fellowship, Canadian Institutes of Health Research (CIHR)

Gail Teachman, Governor General's Gold Medal Award, University of Toronto

Hardeep Singh, Toronto Rehabilitation Institute Student Scholarship, Toronto Rehabilitation Institute

Hardeep Singh, OSOTF Unilever/Lipton Graduate Fellowship, University of Toronto, Faculty of Medicine

Jaclyn Dawe, Gwen Bell Award, Rehabilitation Sciences Institute

Janelle Unger, Toronto Rehabilitation Institute Student Scholarship, Toronto Rehabilitation Institute

Justin Chee, Doctoral Studentship, Multiple Sclerosis Society of Canada

Kaela Newman, Gordon Cressy Student Leadership Award, University of Toronto

Katherine Chan, Best MSc Poster Presentation, Toronto Rehabilitation Research Day

Kenneth Wu, Ontario Respiratory Care Society Fellowship, Ontario Respiratory Care Society

Kenneth Wu, Physiotherapy Foundation Canada - Cardiorespiratory Division Scholarship, Physiotherapy Foundation Canada

Kenneth Wu, Department of Physical Therapy Recognition Award, University of Toronto

Lisa Boivin, CIHR Travel Grant, Canadian Institutes of Health Research (CIHR)

Lisa Wickerson, Peterborough K.M. Hunter Graduate Scholarship, University of Toronto

Lisa Wickerson, Ontario Respiratory Care Society Fellowship, Ontario Respiratory Care Society

Lisa Wickerson, Canadian Respiratory Health Professionals Fellowship, Canadian Respiratory Health Professionals

Lisa Wickerson, Exceptional Achievement Award for Professional Development, Department of Physical Therapy, University of Toronto

Lucas Crosby, Scholarship, Canadian Partnership for Stroke Recovery

Patrick Jachyra, Kimel Family Graduate Student Scholarship in Paediatric Disability, Bloorview Research Institute

Shawna Cronin, Enid Walker Graduate Student Award, Women's College Research Institute

Sheila Jennings, SSHRC Postdoctoral Fellowship, Social Sciences and Humanities Research Council of Canada (SSHRC)

Vicky Young, AGE-WELL NCE, AGE-WELL NCE (Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life NCE Inc.)

Yi-Wen Chen, Four Year PhD Graduate Fellowship for top student in RHSC, University of British Columbia.



Events

2016-2017 provided many exciting opportunities to foster student-faculty relationships, celebrate milestones and engage with our local community.



Student Research Day

July 20, 2016

Students and advisors gathered to showcase their research projects in the Stone Lobby of the Medical Sciences Building. Research posters were showcased and presented, followed by the Recognition and Exceptional Awards Ceremony honouring members of the faculty and physiotherapy community.

MScPT Student-Faculty Wine & Cheese

October 3, 2016

The first and second-year MScPT students got together with some faculty members to get to know one another before kicking off the academic year. Students and professors had an opportunity meet each other and play games together.

Mini Physio School

October 11 – November 15, 2016

The Advancement and Community Engagement Committee (ACE) put on six-week lecture series with the overarching lecture theme of exercise, to enhance the public's understanding of physical therapy and provide them with basic knowledge.

MScPT Convocation

November 9, 2016

The Class of 2016 celebrated their convocation with an awards ceremony followed by a reception. The official graduation ceremony took place at Convocation Hall in the evening.

U of T's Smartest PT

January 12, 2017

Students, faculty and alumni gathered for some fun at the 2nd Annual U of T's Smartest PT Competition at 500 University Avenue. Six pairs (a faculty member paired with a student) challenged themselves to questions from 6 different categories over 3 rounds before crowning the winner.



Special Event

Rick and Amanda Hansen mark 100 Years of Physical Therapy at the University of Toronto

On September 26th, Canada's Man in Motion detailed how physical therapy kept him moving.

Alongside the department's Chair Darlene Reid and Faculty of Medicine's Dean Trevor Young, fellow alumni, faculty and friends gathered to kick off the Department of Physical Therapy's 100th Anniversary at the Fairmont Royal York Hotel in Toronto, Ontario.

Through a moderated discussion, Rick and Amanda shared behind-the-scenes stories of how a Canadian legend alongside his physical therapist made history.



Clinical Affiliations

When 'I' is replaced
by 'we'
even 'illness'
becomes 'wellness'

Our clinical partners make us who we are. We harmonize efforts with [212 clinical partners](#) to train the next generation of physiotherapy leaders. Our sites include fully and community-affiliated sites, private practices, school boards as well as independent schools, community care agencies and professional organizations.



Working collaboratively with our partners, we are able to provide outstanding clinical experiences for our students.

The clinical component of our MScPT program provides our students the rich opportunity to apply their learning. Each student is required to complete 28 weeks of approved full-time clinical practice, as well as structured clinical sessions throughout the curriculum. This adds up to approximately 540 clinical internships in an academic year, 95% of which occur within our University of Toronto catchment. Approximately 51% of the internships occur at fully affiliated teaching centres, 23% in private practice and 20% in Community Affiliated Centres.

The clinical education component of the Ontario Internationally Educated Physical Therapy Bridging (OIEPB) Program provides internationally educated physical therapy learners with opportunities to integrate theory into Canadian physiotherapy practice. Learners are granted two full-time clinical internships of four-week duration. These rich clinical experiences span across all areas of practice and the continuum of care. They play a crucial role with professional networking and integration into the Canadian healthcare system.

As an integral component of the curriculum, our clinical community's guidance and mentorship during these internships helps students to bridge the gap between theory and practice, which is a vital step in their professional training.

This year, at our Exceptional Achievement and Recognition Awards event, we recognized 74 clinical instructors with Recognition Awards. Most of the award recipients were nominated by students, which is a true indication of the strength of our clinical community.

Education

“Intelligence plus character —
that is the goal of true education.”

—Martin Luther King Jr.



Education at U of T

Our 2016/2017 academic year has been a time of moving dreams into action.

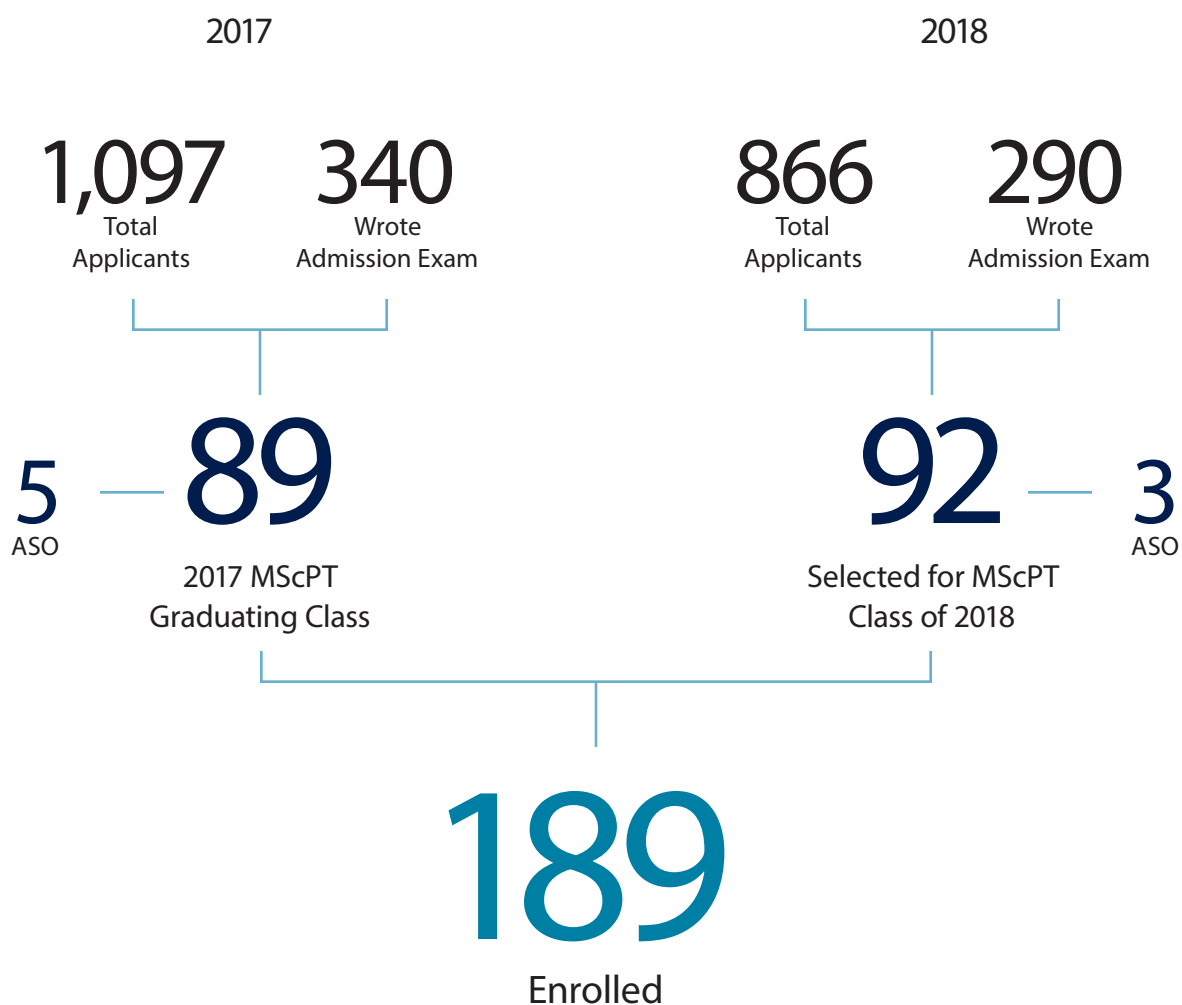
One of the Department of Physical Therapy's four strategic priorities is being Canada's leading MScPT program. We are using evidence, innovation and widespread input to drive curriculum renewal.

Our three foundational pillars - critical thinking, an inquisitive mindset, and a strong sense of professionalism - are designed to develop the future leaders in healthcare.

—Professor Stephanie Nixon, Vice-Chair, Education



Masters of Science in Physical Therapy



The MScPT program is taught by our team of 26 faculty members, including 13 tenure track faculty. In addition to this core group, 2 associate faculty and more than 400 community-based faculty contribute to our program by teaching in-class sessions, facilitating clinical skills labs, providing clinical supervision, and supervising research projects.

Our dynamic curriculum involves a range of teaching strategies that recognize our students' diverse and varied learning needs. To ensure that we deliver on our Vision and Mission, we emphasize reflection, feedback and program development through our assessment and evaluation processes.

One of the MScPT program's greatest assets is our rich clinical and research environment. We have a remarkable 213 sites that host our students during their clinical internships. We also have university-wide agreements with 9 Fully Affiliated Hospitals/Corporations, 4 TAHSN Associate Member Affiliated Hospitals and 11 Community Affiliated Hospitals/Corporations. These agreements reflect a joint academic mission to foster education, practice and research. Most of our professorial and status-only faculty have appointments at one or more of these institutions.

MScPT Students

Students in the MScPT program come from all across Canada, with the majority of students coming from different regions of Ontario. Students from the West and East coasts, as well as internationally, help make up our student body.

As a professional program with a small cohort, both first and second-year students form close bonds with one another through educational and social events throughout the year.

A sense of community is built between the first and second years students through many ways:

- Month-long orientation in September
- Peer-mentorship program between first- and second-year students
- Peer facilitation to prepare for Practical Skills Exams (PSEs)
- Intramural team sports
- Interest clubs
- Social gatherings



Outside the classroom...

Through a new student council position (Community Philanthropic Director), students were inspired to volunteer and support local initiatives. In 2016-2017, some of these included:

- Volunteering at the One Walk to Conquer Cancer
- Participating in a Canadian Blood Services' Blood Drive
- Participating in Spinal Cord Injury Ontario's wheelchair challenge
- Raising over \$1000 for The Hospital for Sick Children to buy therapeutic equipment
- Running a yoga/boot camp for International Women's Day Yoga with all proceeds to the Canadian Association for the Advancement of Women and Sport
- Making paper bag lunches for those experiencing homelessness



Student Research

The MScPT research curriculum is designed to develop scholarly practitioners. Our students plan and undertake a group research project, exploring an area of physical therapy practice. Many students pursue peer-reviewed publication at the completion of their projects.

A comparison of extended field of view ultrasound imaging techniques in measuring muscle cross sectional area: a validity, reliability and feasibility. Students: Kanako Nishihara, Claire D'Amico, Alex Hart, Lowell Kwan, Aaron Cheung. Advisors: Sunita Mathur, Nadia Keshwani

Managing Hospital Length of Stay Post-Stroke: Clinical and Psychosocial Predictors of Exceeding Target Length of Stay Among Inpatients Post-Stroke at an Urban Rehabilitation Hospital. Students: Anna Wong, Mackenzie Buttineau, Wesley Lai, Jennifer Harvey, Rebecca Pucci. Advisors: Shannon Reid, Stephanie Bosnyak, Linda Dell'Erario, Nancy Salbach

High Stakes Exams: How Do Internationally and Canadian-Educated Candidates Prepare for the Clinical Component of the Physiotherapy Competency Exam? Students: Jacob Kireti, Mariam Kody, Nicole Kelly, Andrea DeOliveira, Alex Truys. Advisors: Sharon Switzer McIntyre, Andrea Ottensmeyer-Reyes, Alison Bonnyman, Katya Masnyk

Simulation in Canadian Physiotherapy Education: A Bridge to Clinical Practice. Students: Bryant Lam, Blair Pellow, Mujeeb Duranai, Meaghan Melling, Yoojin Kim. Advisors: Lindsay Beavers, Erin Miller, Sharon Switzer McIntyre

How low can you go? The effects of hypoxia on muscle oxygenation during submaximal intermittent handgrip exercise. Students: Aaron Jipson, Dino Bertani, Laura Castelli, Hayley Nell, Sean Meagher. Advisors: Darlene Reid, Karl Zabjek

Motor Proficiency and Generalized Self-Efficacy towards Physical Activity in Children with Intestinal Failure. Students: Stephanie So Advisors: Cathy Evans, Catherine Patterson, Paul Wales

Characteristics and outcomes of patients with hip fracture in low tolerance long duration and high tolerance short duration rehabilitation. Students: Catherine Milne-Gibson, Brendan Pynenburg, Chelsea Wong, Erica Anders, Wendy Laskey. Advisors: Anna Berall, Nancy Jones, Debbie Mendelson, Susan Jaglal

Do Cardiorespiratory Physiotherapists Stigmatize Smokers? Students: Elizabeth Lake, Chelsea Elvy, Bethany Bass, Mara Iacoe, Emilie Mazik, Sarah Fodemesi. Advisors: Annemarie Lee, Dina Brooks

Safety in Numbers: Use of Continuous Data Logging to Enhance Physical Readiness Testing. Students: Vivien Mac, Chanel Olicia, Kathryn Bautista, Lorraine Fung, Alanna Tegel. Advisors: Sandra McKay, Susan Jaglal

Pulmonary Exacerbations in Cystic Fibrosis: The change in functional capacity during a hospitalization for a pulmonary exacerbation. Students: Oscar Chan, Baptista Gracious Jing-Kay Lai, Larissa Moore, Emily Jeong, Liseanne Nelson. Advisors: Kenneth Wu, Farwa Malik, Sunita Mathur

Cross Cultural Adaptation and Validation of the StarT Back Tool for Use in Arabic Speaking Adults with Low Back Pain in Saudi Arabia. Students: Lina Elsabbagh. Advisors: Dina Brooks, Tasneem AlAtawi, Dhai Aldossary, Nadia Fares, Khalid Zayed, Ali Alshami, Jonthan Hill, Wahiba Aburass, Huda Huijer

Facilitators and Barriers to Providing Access to Community Based Exercise Programs for Adults with Post-Stroke Aphasia from the Perspective of Program Representatives. Students: Meredith Fairbairn, Emily Wicks, Sabrina Ait-Ouali, Olivia Drodge. Advisors: Diane Blonski, Maria Huijbregts, Dina Brooks

Experiences Participating in a community-based exercise program from the perspectives of people living with HIV: A Qualitative Study. Students: Sarah Kantarshi, Kate Henning, Tamar Kideckel, Chantal Montgomery, Cheryl Yang. Advisors: Kelly O'Brien

Lessons about Motor Learning: How is Motor Learning Taught in Physical Therapy Schools Across Canada? Students: James Chen, Alex Bramley, Winta Desta, Andres Abuhadba Rodriguez, Vanessa Weir. Advisors: Kara Patterson, Vince DePaul

Patients' perspectives and experiences with creating customized physiotherapy home exercise programs delivered with a mobile application (healthSwapp). Students: Mikale Robitaille, Paul Kosemetzky, Hillary Foster, Leanna Taggio, Hillary Abramsky, Puneet Kaur. Advisors: Maggie Bergeron, Barbara Gibson

Breakin' Beyond Hip Hop: Experiences of Participants in the Unity Charity Dance Program. Students: Sonya Chand, Carla Cranbury, Naomi Cole, Melisa Luong, Stephanie Shaler. Advisors: Cathy Evans, Joyce Nyhof-Young, Michael Prosserman

What Do You Think of the FIFA 11+? Perspectives of Healthcare Professionals on Injury Prevention in Sport? Students: Mark Gerguis, Joe Guirguis, Ashley Nagle, Ellen Hagglund, Andrew Babawy. Advisors: Euson Yeung, Rhona McGlasson, Karen Yoshida

Impact of Student Research in a Canadian Master of Science in Physical Therapy Program: Perspectives of Lead Advisors. Students: Courtney Lacey, Julie Ardron, Stephanie Scodras, Martyna Garbaczewska, Ryan Sellan. Advisors: Nancy Salbach, Kelly O'Brien

Let's Talk About The Talk: Exploring the experience of discussing student performance at mid and final points of the clinical internship. Students: Gillian Arseneau, Jacqueline Yeldon, ShanShan Gu, Rose Wilson, Jacqueline Laferriere. Advisors: Brenda Mori, Kathleen Norman, Mark Hall, Karen Yoshida

Integration of Physiotherapists into Primary Health Care. Students: Sai Maharaj, Asya Muradyan, Inderdeep Dhugge, Christine Chung, Maria Gayevski. Advisors: Amanda Smart, Kate McLeod, Cheryl Cott

Mobility Patterns of Children with Cancer during Admission to Hospital. Students: Krista Johnston. Advisors: Cathy Evans, Chris Curtis



Ontario Internationally Educated Physical Therapy Bridging Program (OIEPB)

One of the barriers internationally-trained physical therapists face is successfully completing the Physiotherapy Competency Exam (PCE). There are two components: a written component in a computer-based test format, and a clinical component, involving an objective-structured clinical examination (OSCE).

For many internationally educated physical therapists (IEPTs), the concept and practice of competency exams to be able to work in their professions is not a familiar process. The Canadian Alliance of Physiotherapy Regulators (CAPR) reports that the pass rate for Canadian-trained physical therapists ranges from 93 to 98%, while it is between 43 to 60% for those who are internationally educated.

The Department of Physical Therapy values the importance of facilitating and supporting internationally educated physical therapists (IEPTs) as they adjust to practicing in a Canadian context.

The [Ontario Internationally Educated Physical Therapy Bridging \(OIEPB\) Program](#) was established in response to the needs of internationally educated physical therapists (IEPTs). The 10-month Comprehensive Program provides opportunities for IEPTs to refresh and enhance their knowledge, skills and clinical reasoning required to meet Canadian entry-to-practice standards. It also provides cultural and workplace education and support to ensure IEPTs are prepared for the workforce. The program includes two clinical internships to provide learners with an immersion opportunity to experience physical therapy practice in Canada and gain valuable work place experience. In addition to the Comprehensive program, OIEPB also offers exam preparation workshops and online courses.

Our program has had remarkable results. Since its launch in 2011, 283 internationally educated physical therapists (IEPTs) have been assessed for admission to the Comprehensive Stream of the OIEPB Program; of those 166 have been admitted, and 135 have completed with 26 in our current cohort. For the Modular Stream of the Bridging Program, 2,270 IEPTs have accessed various course offerings.

The Physiotherapy Competency Exam (PCE) is a two stage, high-stakes licensure exam that both Canadian and internationally trained physiotherapists are required to successfully complete in order to practice in Canada. The PCE consists of two components: a written component and a clinical component. Prior to entry into the Comprehensive Program the pass rate on the written component of the exam was 32.1% whereas after participating in the Program the pass rate increased to 79.2%, which far exceeds the national pass rate average for IEPTs of 48%. The average pass rate was 81.8 % when learners attempted the PCE post bridging as compared to the reported national pass rate for IEPTs of 57%.

Of those who obtained their license, 100% are employed. The program is making a valuable contribution to the profession. We are gaining culturally competent physical therapists who are better able to serve our diverse communities.

“Some of our students come from very hierarchical societies. We need to help them understand that physical therapists are primary access professionals who have to be active members of the health care team. Our department sees the importance of helping internationally educated physical therapists (IEPTs) adjust to practicing in a Canadian context.”

—Professor Sharon Switzer-McIntyre, Vice-Chair Education

Continuing Education

To enhance the practice of physical therapists and to lead the advancement of knowledge and skills relevant to the profession by identifying, developing, and providing education and learning opportunities of the highest caliber.

We work collaboratively with our faculty and clinical partners in the local and international communities who generously share their expertise with others in the profession. We are proud that our courses offer excellent opportunities for inter-professional learning, as they attract not only physical therapists, but also nurses, pharmacists, kinesiologists, social and mental health workers, and many other registered health practitioners.

Through the development and implementation of fully online and hybrid offerings in 2016-2017, the Continuing Education Program increased access to our courses. Clinicians can now participate in courses with minimal disruption to their clinical practice, and our courses have attracted participants locally and internationally.

Dr. Robin Sutherland-Harris joined the Continuing Education team in April 2017. With her previous educational work at CTSI, we now have the potential to build our program.

The Future:

Plans for 2017-2018 included the development of a new strategic plan (Fall 2017), instructor training in online facilitation (August 2017), and a systematic review and implementation of pedagogical best practices. We continue to leverage the scholarship, innovation, and leadership of our physical therapy community to develop

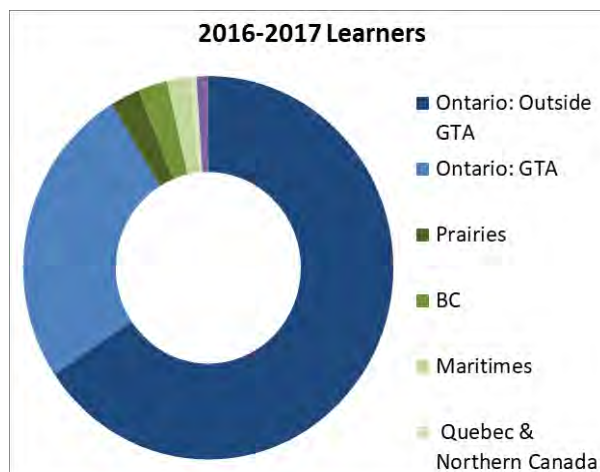
Online courses this year included:

- Diabetes Educator Certificate
- Electrophysical Agents
- Clinical Research to Support Evidence-based Practice in Manual Therapy
- Oxygen Titration and Administration
- Functional Electrical Stimulation in Neurorehabilitation

Several hybrid and on-site courses this year included:

- Privilege 101
- Exercise Training in Pulmonary Rehabilitation
- Suctioning Skills and Clinical Decision-Making for Physical Therapists

Participants in 2016-2017 ConEd courses: 196



“This is my first online course and I’m really enjoying the format- it’s a great way to learn given my current busy lifestyle with kids and full-time work!” — *Functional Electrical Stimulation in Neurorehabilitation, Spring 2017*

“It was helpful to be self-paced. I really liked hearing from and learning from other participants from varying perspectives.” — *Diabetes Educator Certificate Program, Winter 2017*

Inspiration

What inspires us?
Our students. Our news stories. Making a difference.
Making sure we can excel for years to come.



PT in the News

The Department of Physical Therapy has been featured in *The Toronto Star*, and the *Faculty of Medicine News*. Our success is reflected in the media, highlighting our contributions to the Canadian health system.

News Highlights

U of T's Physiotherapist Behind the Scenes at Rio
Department of Physical Therapy lecturer and sport physiotherapist Dinah Hampson discussed her role on the Health Sciences Team for Team Canada at the 2016 Rio Olympics, and her role as a researcher and physiotherapist.

Doctor's Notes: Stop Portraying Childhood Disability as Tragic or Inspirational

Barbara Gibson contributed a *Doctor's Notes* column to the *Toronto Star*, advising readers to consider alternative ways to think and talk about childhood disability, rather than perceive disability in negative terms.

In Other News

Dr. Mathur Receives 2016 CRHP Distinction Award

Dr. Kristin Musselman received Ontario Neurotrauma Foundation and Rick Hansen Institute Grant

Dr. Euson Yeung Wins the 2016 Canadian Physiotherapy Association Mentorship Award

Dr. Dina Brooks and Dr. George Mochizuki Receive Rehabilitation Sciences Institute Awards

Department of Physical Therapy Professors Shine Light on HIV, Aging and Rehabilitation

Beverly Bulmer Appointed Vice-President, Education at St. Michael's Hospital

Physical Therapy Students Make A Difference in the Lives of Special Athletes

Dr. Aileen Davis Receives 2016 Physical Therapy Alumni Achievement Award

Dr. Dina Brooks Speaks at Symposium on Cardiopulmonary Physiotherapy in Brazil

Dr. Dina Brooks Receives the Canadian Lung Association's 2016 Honourary Life Membership Award

Dr. Brenda Mori Launches Canadian Physiotherapy Assessment of Clinical Performance (ACP)

Drs. Barbara Gibson and Stephanie Nixon Will Present at the World Confederation of Physical Therapy Congress 2017 in South Africa

Students and Faculty Honoured at 2016 Research Day and Awards Ceremony

Drs. Kara Patterson and Dina Brooks Win CPSR Grant

Drs. Dina Brooks and Sunita Mathur Receive CIHR Project Grants

Transcending Transplant: How Dr. Sunita Mathur Helps Recipients Stay Fit

Dr. Barbara Gibson Elected Fellow to the College of New Scholars, Artists and Scientists of the Royal Society of Canada

Shelley Gautier Brings Home Bronze!

Giving Back: MScPT Students Wheel for a Cause!

Dr. Stephanie Nixon Wins Canadian Foundation for AIDS Research (CANFAR) Innovation Grant

Twin Sisters Provide Healing Through Rehab and Dance

Congratulations Class of 2016!

Dr. Kara Patterson Wins the OPA 2017 Innovation and Advancement Award

U of T Researchers Help Establish New WHO Rehabilitation Guideline

Physical Therapy Students Receive 2017 Gordon Cressy Student Leadership Award

Dr. Darlene Reid Receives Canada Foundation for Innovation Funding

Class of 2017 OIEPB Graduation

Donate

Because the world turns to us, we turn to you.

Today the University of Toronto consistently ranks among the world's best universities across an array of international rankings, and often in the top ten among public universities. This high standing speaks to the quality and character of our faculty, students and alumni, as well as the generosity of donors who support our highest ambitions.

Boundless is the word we have chosen to convey the immense diversity and creativity of our community, its irrepressible impulse to cross boundaries and challenge convention, and limitless potential for global leadership and impact.

Your support can:

- Fund groundbreaking research and teaching
- Help shape our next generation of physical therapy leaders
- Support the University of Toronto in improving the health and well-being of individuals, families, workplaces, and communities across the world



Contact

Mailing Address:
Department of Physical Therapy
University of Toronto
160–500 University Ave
Toronto, ON
M5G 1V7

Main Reception:
416-946-8641
Fax: 416-946-8562

Email
pt.reception@utoronto.ca

Website
<http://www.physicaltherapy.utoronto.ca>

