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Message from the Chair

Kathleen Bell, MD

It has been over a year since I joined UT Southwestern and moved to Dallas but I am still a novice Texan and I am constantly learning about my adopted home. If you drive west of Dallas for two or three hours, you may think, "There's nothing out here but flat land, a few small towns, some cows, and the occasional nodding oil rig". And you would be wrong. I had the pleasure of visiting Seymour, Texas last weekend with Dr. Louis Jacobs, a paleontologist from Southern Methodist University. We were in the Permian Basin, dinosaur land, and under our feet was history from millions of years ago. Now, I have found the odd small fossil or two, small shells or a bit of a leaf, digging around various rock outcroppings with my husband. But with Professor Jacobs and Chris Flis from the Whiteside Museum, I was actually touching the skull of a dimetrodon still buried under Texas soil. I will never look at the ground in the same way

again. And so this continues to be a year (or years) of great discovery.

Here at UT Southwestern, we continue to be on a path of new experiences and discovery. UT Southwestern has formed a partnership with Texas Health Resources, leading to the new Southwestern Health Resources Network. We have great opportunities to add work in population health to our portfolio of research and health care and this will undoubtedly bring new challenges for rehabilitation and post-acute care. On a more personal level, I am thrilled to welcome Dr. Bob Rinaldi to UTSW. Dr. Rinaldi will be leading our Pediatric PM&R Division to further growth in clinical services, education, and research. In this issue of our PM&R newsletter, we are sharing news about our work in spinal cord injury rehabilitation. In addition to expanding our clinical spinal cord injury services, we have a newly revised resident curriculum – our thanks to Drs. Jennifer Yang (Zale Lipshy University Hospital), Merrine Klakeel (Parkland Hospital), and Wei-Han Tan (VANTHCS SCI Unit). May everyone have a New Year of joy and discovery.

Road to Recovered Ability

While on a Caribbean vacation in November 2014 Michael Hashimoto complained of pain and stiffness in his neck; he sat down to rest and could not get back up.

He and his wife, Jacquielynn Floyd, knew most spinal cord injuries are caused by accidents like falls and car wrecks. Mike's injury, due to a ruptured disc in his neck, just happened. He could not move his right arm or leg.

He arrived at Zale Lipshy University Hospital for treatment but his recovery was not simple. Complications followed like falling dominoes, each one requiring further treatment, but the obstacles were gradually overcome on the acute neurosurgery and inpatient rehabilitation unit.

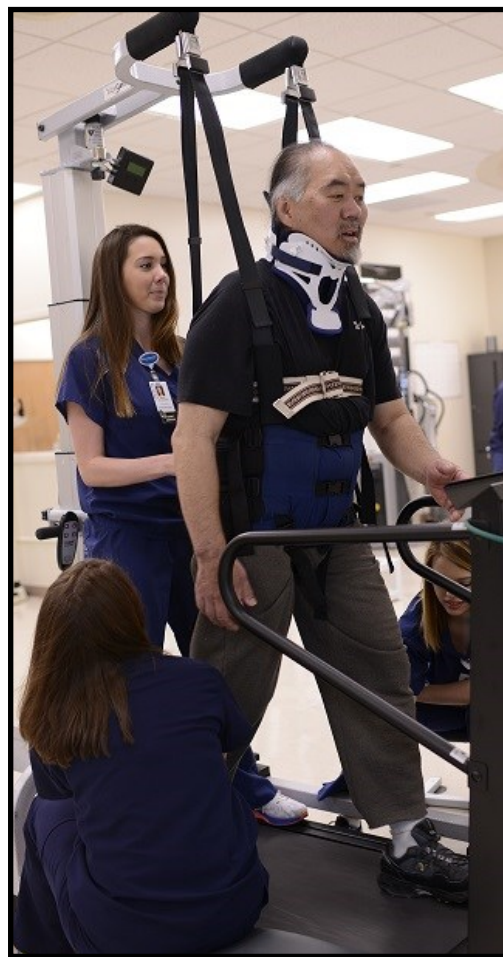
Upon discharge, Mike went home using a wheelchair but continued outpatient PM&R care at UT Southwestern. While Mike was struggling to walk again and regain the use of his hand, Jacquielynn was learning to be a care partner, juggling instructions, therapy schedules, insurance forms, and medical equipment. Friends would ask when Mike would be "back to normal". The rehab team helped them to understand that, "progress isn't a steady continuum, but a hard-to-predict combination of recovered ability and adaptation."

While in rehab Mike says he was "exposed to people giving their all in rehab/therapy, no matter the apparent hurdles", and that others with disabilities "inspired me to shut up and work hard, and that's a good thing for me to try to pass along to others". This was evident to Janet Moeller, one of Mike's physical therapists, who recalls his hard-working attitude, motivation and good family support played a significant role in his recovery.

Mike credits his progress with the level of care and coordination he received from Dr. Jennifer Yang and the rehabilitation team. He feels that "under Dr. Yang's direction, the therapists helped me focus on my goal of simply making progress day by day, to get as far as possible". Both he and his wife were "impressed by the seamlessness between in-patient and outpatient rehab" and they felt "therapy was so

effective for me because there was no time or energy lost [in the transition]".

Mike and Jacquielynn know that "Recovery" is a careful balance of optimism and acceptance, of determination and grace. Rehabilitation is a process that helps you realize while you may not get your old life back, you are provided the tools to create a new one.



Michael Hashimoto utilizing the LiteGait for body weight supported treadmill training with physical therapist Janet Moeller, DPT, NCS (seated) and Marie Klosterman.

[Excerpts taken from [Jacquielynn Floyd's contribution to The Scoop Blog](#) with her permission; Nov.23, 2015 Dallas Morning News.]

Yes, it is what it is.
It's also what you
make it.

-Mike Hashimoto
& Jacquielynn
Floyd

UTSW Physiatriests Leading SCI Care

UT Southwestern PM&R SCI faculty strive to provide quality healthcare and enhance the quality of life of patients who have traumatic and non-traumatic spinal cord injuries. Association with two major healthcare systems enables faculty to provide a continuum of care that begins in the acute care setting, continues in inpatient rehabilitation, the outpatient setting after discharge, and finally a gradual transition into the community and their new lives.

UT Southwestern and Parkland hospitals emphasizes the team approach with input from a full spectrum of rehabilitation professionals including therapists, orthotists and social workers. Our physiatriests and rehabilitation therapists are consulted dur-

ing the acute care phase and continue to manage SCI rehabilitation needs in inpatient rehabilitation. Patient and family education including level of injury, functional expectations and resources begin during the acute phase and as patients transition to inpatient rehabilitation treatment focuses on mobility and problem-solving, with the goal of maximum independence upon discharge.

Specialty clinics directed by PM&R physicians address issues to help individuals with SCI navigate life outside the hospital. These outpatient clinics include wheelchair seating, spasticity (including intrathecal pump management), and wound care.

VA Provides Excellence in Residency Program

The VA North Texas Health Care System Spinal Cord Injury (VANTHCS SCI) Center, one of 24 SCI Centers within Veterans Health Administration (VHA), has provided inpatient and outpatient services to Veterans with SCI disorders (SCI/D) and multiple sclerosis since 1996. The center contains a comprehensive array of facilities and is staffed with an interdisciplinary team of rehabilitation experts working exclusively with Veterans with SCI/D. Veterans and the team are able to incorporate a transitional living apartment, robotic gait training and a swimming pool into treatment.

The CARF accredited program also offers services that are also coordinated with SCI support clinics in Bonham, Fort Worth and Temple to provide easier access to care in the Veteran's community. Telemedicine including Clinical Video Telehealth (CVT) to home, primary care, home care and rehabilitation are offered through SCI outpatient services.

The VANTHCS SCI Center is a teaching center for UT Southwestern PM&R Residency Program, offering a 12 week rotation. The longitudinal care that the VA provides for Veterans with SCI/D allows for a unique experience of SCI exposure ranging from the initial rehabilitation to medical-surgical-functional indications for readmission. The residents are provided clinical mentorship, supported autonomy and encouraged to be leaders of the interdisciplinary rehabilitation team. Recently the 35th Annual National Veterans Wheelchair Games took place in Dallas. This provided an additional learning opportunity as residents offered additional support for the Veteran participants in the games they also were able to experience and observe adaptive sports.



Sgt. Michael S. Cifuentes/
[110518-M-XZ164-139/Public Domain](#)

2015 SCI By the Numbers

Traumatic and Non-Traumatic Individuals with SCI cared for by PM&R

University Hospitals 357
PHHS 118
Pediatric Facilities 13
Post-Acute Care 15

Meeting the Needs of the Community



Pictured: Herbert “Jay” Hayes (Center Coordinator), Justin Jacques (Asst. Dir. Counseling & Wellness), Dr. Charlene Supnet, Dr. Jamaica Chapple (Dean Student Affairs UNT Dallas), Dr. Kathleen Bell. (Not pictured, Dr. Munro Cullum)

A team of concussion specialists from UTSW including Drs. Kathleen Bell, Munro Cullum (Psychiatry/ Psychology), and Charlene Supnet (Neurology) visited the Veterans Success Center at the University of North Texas Dallas. Plans are being developed to offer faculty, staff, and students at UNT Dallas seminars and workshops on working with Veterans with traumatic brain injuries and post-traumatic stress disorder.



PM&R Welcomes New Pediatric Faculty

We would like to welcome **Dr. Robert Rinaldi**, Associate Professor, who joins our staff as Chief of Service for PM&R Children’s Health. He is double boarded in PM&R and Pediatrics with a subspecialty in Pediatric Rehabilitation Medicine. He comes to us from the University of Missouri-Kansas City. His wife, Beth, will be teaching gross anatomy at UT Southwestern School of Medicine. They have two children, Robby, 13, and Jenna, 10, and 2 dogs. In his spare time he enjoys art, cooking and outdoor activities.

VA News...

The Dallas VA Medical Center recently celebrated 75 years of service to veterans. They are the second largest VA Healthcare System in the Veterans Health Administration.

Pictured: Sharon Anglin-Nash, Dr. Weibin Yang, Tina House and Dr. Annaswamy



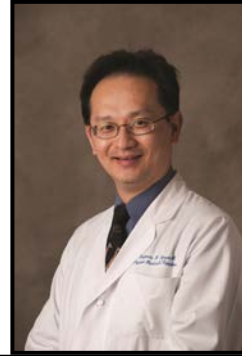
Faculty Accolades and Achievements

Dr. Karen Kowalske has been asked to become a member of the Shriners Hospitals for Children Medical Advisory Board. This Board “consists of eminent physicians from North America currently engaged in the practice of Orthopaedics, Burn Surgery and anesthesia affiliated with an academic institution.” Dr. Kowalske

is the only physiatrist that has been asked to serve on this prestigious board and as noted by the board is “clearly recognized as an expert in your field who would contribute greatly to our Advisory Board.”



Dr. Benjamin Nguyen was recommended by the Leadership Development and Recognition Committee to serve as a volunteer on the Public Policy Committee. The committee serves to advocate the public policy interests of the Association regarding policies, laws, regulations and other public policy developments that may affect the Association such as graduate medical education, undergraduate medical education, and research funding. He will begin his term at the 2016 AAP Annual Meeting.



Dr. John Thottakara will be participating in the **LEADERSHIP EMERGING IN ACADEMIC DEPARTMENTS (LEAD) PROGRAM**. A program for junior faculty to develop leadership skills, the program stresses skills of influence and ability to make things happen, rather than just ‘being in charge’. Throughout the year participants develop an individual Capstone project addressing a current challenge in their respective area. When asked about his goal for the program he stated ‘I hope to learn more about my leadership style and how to better use my leadership influence to help strengthen our department internally and with other departments through campus.’

The Department of Physical Medicine and Rehabilitation is proud to announce that **Drs. Merrine Klakeel** and **Wei Han Tan** are now Spinal Cord Injury Subspecialty Board Certified. Dr. Klakeel joined our department in September 2015 and Dr. Tan joined the VA SCI Faculty in early 2015 and UTSWMC Faculty in May 2015. This increases the number of SCI board certified physiatrists to 6, including **Drs. Jennifer Yang**, the Director of the SCI Fellowship, **Itala Wickremashinghe**, **Bridget Bennett**, and **Ben Carlock**. The PM&R Residency Program will greatly benefit from the experience of these faculty. As part of the Peter J. O’Donnell Brain Institute, UTSW PM&R seeks to become a leader in spinal cord rehabilitation and is developing both its clinical and research programs in this area.



Dr. Jennifer Yang



Dr. Merrine Klakeel



Dr. Bridget Bennett



Dr. Joseph Ben Carlock



Dr. Wei Han Tan



Dr. Itala Wickremashinghe

UT Southwestern PM&R Faculty

Publications and Presentations

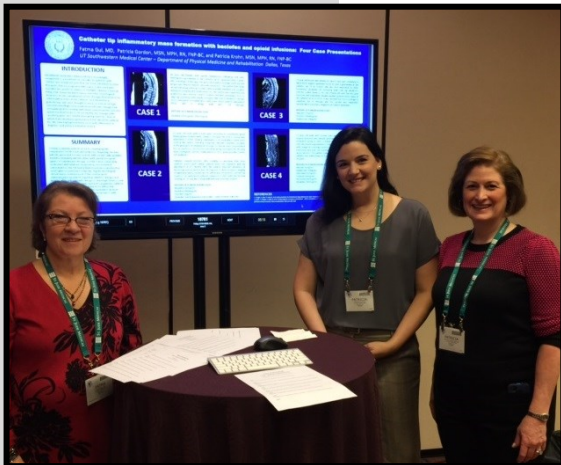
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North American Neuromodulation Society, Las Vegas, December 2015

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CON-TEX: In the News

CON-TEX, a study is designed to capture comprehensive, longitudinal data on sports-related concussion and mild TBI subjects has gained attention in the news. Data from the study will give a “snapshot” of the current state of concussion assessment and treatment in youth athletes in the Dallas-Fort Worth area and will be the foundation on which the design of rigorous clinical research and valuation of treatments will be built.

[North Texas Doctors Seek More Answers About Concussions](#)

[UT Southwestern researchers lead study seeking answers on concussions in kids](#)

[State's Athletic League Working on New System to Track Concussions](#)

[Editorial: Are sports worth the concussion risk for kids?](#)

No Time NOT To Exercise: Exercise and the Life Span

18th Annual PM&R Scientific Day

May 7, 2016

This program is designed to highlight scientific advances in the field of ... in the field of Physical Medicine and Rehabilitation. This program will also showcase the research performed by residents in the Department of Physical Medicine & Rehabilitation at UT Southwestern.

Invited Speakers

Jonathan F. Bean, MD, MS, MPH

"Back Pain in Older Adults: How should Rehabilitative Care be Formulated?"



"Exercise is Medicine and Rehabilitation is Prevention: Caring for an Aging Nation"

Jonathan F. Bean is an Associate Professor in the Department of Physical Medicine and Rehabilitation at Harvard Medical School. He serves as the Director of Research and Training for the Department of PM&R and Partners Continuing Care as well as Medical Director of the Spaulding Cambridge Outpatient Center. Dr. Bean is an internationally recognized expert in geriatric rehabilitative care. He has completed NIH-funded observational studies and clinical trials with his research focusing primarily on mobility problems among older adults, addressing both risk factor reduction and the prevention of disability, falls and fall related injuries.

Ross Query, PT, PhD

"Integration of Exercise Physiology into Exercise Prescription"

Ross Query is a Professor in the Department of Physical Therapy and Orthopedic Surgery at UT Southwestern. Dr. Query's research interests are in the area of lifestyle wellness and fitness components that contribute to physical disability or disease and neural control of cardiovascular regulation.



Faculty Speaker

Didem Inanoglu, MD

"The Role of Exercise in Modifying Lifestyle and Health Behaviors in Children: Prevention of Chronic Health Conditions"



Didem Inanoglu is an Associate Professor in the Department of Physical Medicine and Rehabilitation at UT Southwestern. She has a sub-specialty in Pediatric Rehabilitation Medicine and helped establish the Pediatric Rehabilitation Medicine Department at Children's Health. She is the Director of the PM&R Outpatient Services at Children's Health, PM&R Pediatric Fellowship Program Director and the Director of Concussion Clinic at Children's Legacy. Her research interests include gait disorders in the pediatric population.

UPCOMING EVENTS:

Saturday May 7, 2016
UT Southwestern
T. Boone Pickens
Biomedical Building
Dallas, TX

CMEs 6

[Register Now](#)

For more information:
cmeregistrations@utsouthwestern.edu
or call
214-648-3138

Save the date - UT Southwestern 18th Annual PM&R Scientific Day

No Time NOT To Exercise: Exercise and the Life Span

Location: T Boone Pickens

[REGISTER NOW](#)

Guest Speakers:

Jonathan F. Bean, MD, MS, MPH (Harvard Medical School)

"Back Pain in Older Adults: How should Rehabilitative Care be Formulated?"

"Exercise is Medicine and Rehabilitation is Prevention: Caring for an Aging Nation"

Ross Query, PT, PhD (UT Southwestern Physical Therapy)

"Integration of Exercise Physiology into Exercise Prescription"

Faculty Speaker:

Didem Inanoglu, MD (UT Southwestern, PM&R)

"The Role of Exercise in Modifying Lifestyle and Health Behaviors in Children: Prevention of Chronic Health Conditions"

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