

# UMES Physical Therapy Research Symposium 2007



Pictured from left to right: Courtney Bauer, Cristen Harris, Lamont Thompson, Jennifer Dixon, and Crystal Young

On Friday, April 27, 2007, the 3<sup>rd</sup> year Doctor of Physical Therapy students presented their Final Research Projects to the UMES community, local Physical Therapy community, and family and friends.

These research projects are completed as part of the Doctor of Physical Therapy curriculum. The students began the research process in the summer of the 1<sup>st</sup> year of the program under the advisement of a faculty member. They proceed through the literature review, data collection, statistical analyses, results and discussion over the next 2 years. The presentations are formatted similar to research platform presentations at national conferences. The presentations were each 15 minutes in length with a 5 minute question and answer period. Dr. Heimdal, the new Chair of the Exercise Science Department said "Several students from the Department of Exercise Science and I really enjoyed the symposium. The projects were current and meaningful as they will both contribute to the literature. I thought the presentations were excellent and equal to those provided at any regional/national professional meeting."

After final exams, the 3<sup>rd</sup> year Doctor of Physical Therapy students will spend the summer at clinical sites in Maryland, Virginia, Washington, D.C., and Colorado which completes their Doctor of Physical Therapy Education. They will graduate in September.

In addition, three posters, which have been recently presented at National Meetings, were on display.

## Oral Research Projects

### ***The Effects of Static vs Dynamic Stretching of the Lower Extremity on Balance and Agility in Healthy Young Subjects***

Presented by: **Jennifer Dixon, Cristen Harris, and Crystal Young**

Advisor: **Cynthia Gill, P.T., M.Ed.**

### ***The Relationship Between Body Composition, Cardiovascular Fitness, Familial Hypertension, and Heart Rate Variability in Young African American Men and Women***

Presented by: **Courtney Bauer and Lamont Thompson**

Advisors: **Greg Martel, Ph.D. and Vernon Bond, Ph.D.**

## Poster Presentations

### ***Cultural Competency Among Maryland Physical Therapists and Physical Therapist Assistants***

Student Investigators: **Cristina Fontanez, D.P.T. and Krystal Weimert, D.P.T.**  
Advisor: **Dennis Klima, P.T., M.S., GCS, NCS**

### ***The Relationship Between Trunk Control, Functional Independence, and Stroke Severity in Patients Following Acute Cerebrovascular Accident***

Student Investigators: **Shawn Carter, Jr., D.P.T. and Sarah Williams Sharp, D.P.T.**

Advisors: **Joe Beatus, PT, PhD, Dennis Klima, PT, MS, GCS, NCS, and Rossella Todd, PT**

### ***The Effect of Exercise on the 2nd Stage of Labor in Nulliparous Women***

Student Investigators: **Merthia Haynie, D.P.T. and Colette Outten, D.P.T.**  
Advisor: **Cynthia Holder Gill, P.T., M.Ed.**