



APTA Section on Women's Health Officer Invests in Future of Women's Health Research with Planned Gift



Susan Clinton

The American Physical Therapy Association (APTA) Section on Women's Health (SOWH) has produced many leaders and pioneers within physical therapy. Elizabeth Noble, PT, founded the Section in 1977 to serve as a resource for physical therapists interested in the healthcare of women before, during, and after pregnancy. Today, the Section encompasses practice for all health concerns of women.

Susan Clinton, PT, MHS, OCS, WCS, modern day pioneer, is joining the ranks of leaders within the profession. Clinton is a SOWH officer who recently made a planned gift to the Foundation for Physical Therapy to help fund research in women's health. Her gift will be directed to the "Endowment for Research Excellence in Women's Health Physical Therapy." The SOWH generously pledged \$100,000 in 2010 to create the fund. The Section is encouraging their members to make additional donations to help grow the fund and increase the investment in the future of women's health.

Clinton, a member of the Women's Rehab and Men's Health team at Centers for Rehab Services in Pittsburgh, Pennsylvania, is the director of one of three APTA credentialed residency programs in the country for women's health physical therapy. Additionally, she provides clinical services and professional education, and is completing her Doctor of Science degree at Andrews University. Clinton also serves as Secretary of the SOWH Board of Directors, deciding that it was time to "give back" after taking advantage of the Section's many resources such as continuing education and networking.

"I love working in a profession that has allowed me to grow and change with it." Physical therapy has become more scientific and impacted various subsets of our population. These movements have encouraged me to challenge myself to take on leadership roles and pursue higher degrees in the field to better facilitate my patients' recoveries," said Clinton.

She supports the SOWH endowment with a planned gift, reasoning that physical therapy is a constantly evolving profession and research is its key, but also for a deeply personal motivation.

"A physical therapist and dear friend of mine, Ann Adams Reeder, PT, MS, recently passed away, so I tried to think of ways I could honor her life and our friendship. One of the things we had in common was our love for physical therapy. We were

educators together at Louisiana State University and were very passionate about our jobs. I thought it would be very meaningful to honor her and the profession with a planned gift. If her death hadn't been so untimely, I believe she might've wanted to do this herself," she explained.

Clinton chose to make a gift that will not only honor her friend but also support important research topics related to women's health. She hopes her colleagues will join her efforts by making a donation or considering a planned gift to benefit the "Endowment for Research Excellence in Women's Health Physical Therapy."

"The impact of the Foundation and research is critical. Without good research in women's health, we're not going to be able to advance the field in the direction it needs to go. There are a lot of questions that need to be answered. Funding towards women's health research can help provide the answers. It's important for clinicians to understand what truly works, versus guessing, or saying 'this is the way I've always done it.' Having a scientific basis, even if it's just in the physiology and anatomy of what we do, is important. I'd like to see that mission carried forward," Clinton said.

"A donation to the Endowment for Research Excellence in Women's Health Physical Therapy is a wonderful way to ensure that the profession and particularly the specialty of women's health physical therapy continues to stay current and viable, said Wendy Featherstone, PT, president of the Section on Women's Health. "Susan's generosity is an inspiration."

Donations can be made to the "Endowment for Research Excellence in Women's Health Physical Therapy" online at Foundation4PT.kintera.org/SOWH. Foundation staff are also available by phone to accept contributions or to discuss a Planned Giving Program option at 800/875-1378. Please specify that your gift should be made toward the SOWH endowment fund.