

mary mcmillan physical therapy

Mary McMillan Physical Therapy: A Legacy of Excellence in Rehabilitation

mary mcmillan physical therapy is more than just a name in the world of rehabilitation and physical therapy; it represents a pioneering spirit and a commitment to advancing the profession. For anyone interested in the history, development, and impact of physical therapy in the United States, understanding Mary McMillan's contributions is essential. Her legacy continues to influence modern physical therapy practices, education, and professional standards today.

Who Was Mary McMillan?

Mary McMillan is often regarded as the mother of physical therapy in the United States. Born in the late 19th century, she was a trailblazer who helped shape the field during a time when physical therapy was still in its infancy. McMillan's dedication to rehabilitating injured soldiers during World War I brought her to the forefront of physical therapy development. She not only treated patients but also helped establish the educational frameworks and professional organizations that formalized physical therapy as a respected healthcare profession.

Early Contributions and Impact

During World War I, Mary McMillan worked extensively with wounded soldiers, providing physical rehabilitation to help them regain mobility and function. This hands-on experience highlighted the need for trained professionals and standardized methods in physical therapy. Recognizing this, she became instrumental in founding the American Physical Therapy Association (APTA) in 1921, serving as its first president. This organization remains a cornerstone for physical therapists nationwide.

The Evolution of Mary McMillan Physical Therapy Practices

The techniques and philosophies championed by Mary McMillan laid the groundwork for many modern rehabilitation methods. Her approach was holistic, emphasizing not only physical recovery but also patient education and empowerment. Today, physical therapy clinics and educational programs that reference Mary McMillan's work continue to prioritize individualized care and evidence-based treatment plans.

Innovations in Therapeutic Exercises

One of McMillan's significant contributions was the development and promotion of therapeutic exercises tailored to the patient's specific needs. Unlike generic exercise routines, her methods involved carefully assessing the injury and designing movements that would restore strength, flexibility, and coordination. This patient-centered approach remains a fundamental principle in physical therapy.

Education and Professional Development

Mary McMillan was passionate about educating future physical therapists. She authored one of the first textbooks on physical therapy and advocated for formal training programs across the country. Today, many physical therapy schools still honor her legacy by emphasizing comprehensive education that combines anatomy, physiology, biomechanics, and patient care strategies.

Mary McMillan Physical Therapy in Today's Healthcare Landscape

Physical therapy has grown tremendously since Mary McMillan's time, becoming a vital part of

multidisciplinary healthcare teams. Her influence can be seen in the continued focus on rehabilitation techniques that improve quality of life for patients recovering from surgery, injury, or chronic conditions.

Patient-Centered Care and Rehabilitation

Modern physical therapists embody Mary McMillan's vision by tailoring treatment plans to each patient's unique circumstances. Whether dealing with sports injuries, neurological disorders, or post-operative recovery, therapists use a blend of manual therapy, exercise prescription, and education to facilitate healing.

The Role of Technology in Physical Therapy

While Mary McMillan's era relied on manual techniques and observation, today's physical therapy benefits from advanced technology such as biofeedback devices, motion analysis systems, and telehealth platforms. These tools enhance the therapist's ability to monitor progress and adjust treatments effectively without losing sight of the personalized care McMillan championed.

How Mary McMillan's Legacy Inspires Physical Therapy

Professionals

For physical therapists, Mary McMillan is more than a historical figure; she is a source of inspiration and a reminder of the profession's core values. Her dedication to patient welfare, education, and professional integrity continues to shape how therapists approach their work.

Commitment to Lifelong Learning

Mary McMillan's emphasis on education encourages physical therapy professionals to pursue continuous development. Staying updated on the latest research and clinical techniques ensures that therapists provide the best possible care, echoing her pioneering spirit.

Advocacy and Professionalism

McMillan's role in establishing the APTA highlights the importance of advocacy in physical therapy. Modern practitioners often engage in policy discussions, public awareness campaigns, and community outreach, all of which align with the values she promoted.

Finding Quality Physical Therapy Inspired by Mary McMillan

If you're seeking physical therapy services today, clinics that reference Mary McMillan physical therapy often emphasize comprehensive evaluations, customized treatment plans, and a collaborative approach to recovery. When choosing a provider, consider the following factors:

- **Credentials and Experience:** Look for licensed physical therapists who have specialized training and experience relevant to your condition.
- **Patient Reviews and Outcomes:** Positive testimonials and measurable improvements can indicate high-quality care.
- **Holistic Approach:** Therapists who focus on education, prevention, and long-term wellness align with McMillan's philosophy.

- **Use of Evidence-Based Practices:** Clinics that incorporate the latest research and technology often deliver better results.

Embracing Mary McMillan's Philosophy in Everyday Recovery

Whether you're recovering from an injury or managing a chronic condition, embracing the principles of Mary McMillan physical therapy can make a significant difference. This means actively participating in your rehabilitation, understanding the purpose of each exercise, and maintaining open communication with your therapist.

Tips for Maximizing Physical Therapy Benefits

- **Consistency is Key:** Regular attendance and adherence to prescribed exercises accelerate recovery.
- **Set Realistic Goals:** Work with your therapist to establish achievable milestones that motivate you.
- **Stay Informed:** Learn about your condition and how therapy helps, empowering you to take control of your health.
- **Communicate Openly:** Share your progress, concerns, and feedback to tailor your treatment effectively.

Mary McMillan's pioneering work reminds us that physical therapy is not just about healing the body

but also about restoring confidence and independence. Her enduring influence continues to guide therapists and patients alike toward better health and mobility.

Frequently Asked Questions

Who is Mary McMillan in the field of physical therapy?

Mary McMillan is considered the founder of the American Physical Therapy Association (APTA) and a pioneer in the development of physical therapy as a recognized profession in the United States.

What were Mary McMillan's major contributions to physical therapy?

Mary McMillan established the first physical therapy school in the United States, helped organize the American Physical Therapy Association, and advocated for professional standards and education in physical therapy.

When did Mary McMillan start her work in physical therapy?

Mary McMillan began her work in physical therapy during World War I, providing rehabilitation services to injured soldiers.

What is the Mary McMillan Lecture Award?

The Mary McMillan Lecture Award is a prestigious honor presented by the American Physical Therapy Association recognizing outstanding contributions to the physical therapy profession.

How did Mary McMillan influence physical therapy education?

Mary McMillan influenced physical therapy education by founding the first formal training program for physical therapists and promoting standardized curricula and professional training.

Is Mary McMillan recognized internationally in physical therapy?

Yes, Mary McMillan is internationally recognized as a pioneer who helped shape modern physical therapy practices and education worldwide.

What role did Mary McMillan play during World War I?

During World War I, Mary McMillan served as a reconstruction aide, providing rehabilitation to wounded soldiers, which laid the foundation for modern physical therapy.

Are there books or biographies about Mary McMillan's life and work?

Yes, there are several historical accounts and biographies detailing Mary McMillan's life, her role in founding the APTA, and her impact on physical therapy.

How is Mary McMillan's legacy honored in physical therapy today?

Mary McMillan's legacy is honored through awards, lectures, and continued recognition by the American Physical Therapy Association and educational institutions worldwide.

Additional Resources

Mary McMillan Physical Therapy: A Comprehensive Review of Its Impact and Legacy

mary mcmillan physical therapy represents a foundational pillar in the history and development of modern physical therapy practice. Named after Mary McMillan, widely recognized as a pioneer in the field, this term evokes a legacy of clinical excellence, educational advancement, and professional advocacy that continues to influence physical therapy standards today. This article delves into the origins, methodologies, and ongoing relevance of Mary McMillan's contributions, alongside an analysis of how her principles shape contemporary physical therapy practices.

The Historical Significance of Mary McMillan in Physical Therapy

Mary McMillan is often credited as the first physical therapist in the United States and played a pivotal role in establishing the profession during the early 20th century, particularly during and after World War I. Her efforts in organizing training programs for rehabilitation workers laid the groundwork for formalized physical therapy education and certification. The term "Mary McMillan physical therapy" often refers not just to her personal contributions but also to the standards and rigor she introduced, which have become benchmarks within the profession.

Founding Contributions and Professional Development

McMillan's work began when the demand for rehabilitation services surged due to war-related injuries. She led the reconstruction aides program, focusing on restoring function to wounded soldiers. This initiative marked a turning point, transitioning physical therapy from an ad hoc practice to a recognized healthcare profession. She later served as the first president of the American Physical Therapy Association (APTA), further institutionalizing the field.

Her dedication to education resulted in the creation of the first physical therapy curriculum in the United States. Mary McMillan physical therapy principles emphasized anatomy, physiology, therapeutic exercises, and patient-centered care, which remain central tenets in physical therapy training programs.

Core Principles of Mary McMillan Physical Therapy Approach

The Mary McMillan physical therapy approach is characterized by a comprehensive and holistic understanding of patient rehabilitation. Unlike earlier methods that predominantly focused on passive

treatments, McMillan advocated for active engagement of patients through therapeutic exercises designed to restore mobility, strength, and function.

Patient-Centered Rehabilitation

A hallmark of her methodology is personalized care tailored to the unique needs of each patient. This approach involves:

- Detailed assessment of individual functional impairments
- Goal-oriented treatment plans
- Integration of physical, psychological, and social factors impacting recovery

This patient-centered model is now a standard in physical therapy, underscoring Mary McMillan's lasting influence.

Emphasis on Education and Professional Standards

Another critical aspect associated with Mary McMillan physical therapy is the high standard of education and ethical practice. McMillan championed rigorous training to ensure therapists possess a deep understanding of human anatomy and pathology, enabling them to design effective treatment protocols. The emphasis on continued professional development and adherence to evidence-based practices remains a core value in the profession.

The Evolution of Mary McMillan Physical Therapy in Modern Practice

Since McMillan's era, the field of physical therapy has evolved dramatically, incorporating technological advancements and scientific research. However, the foundational philosophies she promoted continue to resonate within clinical settings and educational institutions.

Integration of Evidence-Based Practice

Modern physical therapy heavily relies on evidence-based practice (EBP), which prioritizes clinical expertise, patient values, and the best research evidence. While Mary McMillan's original methods were grounded in clinical observation and emerging science of her time, today's practitioners build upon this legacy with rigorous scientific validation. The alignment between McMillan's dedication to education and current EBP underscores how her influence permeates contemporary practice.

Technological Enhancements and Treatment Modalities

Advancements such as electrotherapy, ultrasound, and robotic-assisted rehabilitation represent significant progress beyond the manual techniques used in McMillan's time. Yet, the core focus on individualized treatment plans and functional restoration remains consistent with Mary McMillan physical therapy principles.

Comparing Mary McMillan Physical Therapy with Other

Historical Approaches

While Mary McMillan's methods laid the foundation for American physical therapy, it is instructive to compare her approach with contemporaneous and subsequent models globally.

- **European Methods:** Early European physical therapy often emphasized passive modalities like massage and hydrotherapy. McMillan's advocacy for active exercise-based rehabilitation marked a departure from these traditions.
- **Kaltenborn and Maitland Techniques:** These later manual therapy techniques expanded on joint mobilization concepts but maintained the patient-centered focus that McMillan promoted.
- **Modern Multidisciplinary Approaches:** Incorporate physical therapy as part of a broader rehabilitation team, a concept that aligns with McMillan's holistic vision of healthcare.

This comparative perspective highlights how Mary McMillan physical therapy remains a cornerstone while the field continuously integrates new knowledge.

Mary McMillan Physical Therapy in Education and Certification

Physical therapy programs across the United States frequently reference Mary McMillan's work to underscore professional standards. The Mary McMillan Lecture Award, presented by the APTA, honors outstanding contributions to physical therapy education and research, reflecting her enduring legacy.

Curriculum Development Inspired by McMillan's Vision

Many accredited physical therapy programs incorporate courses that mirror McMillan's emphasis on anatomy, kinesiology, and therapeutic exercise. The current Doctor of Physical Therapy (DPT) degree builds on the educational models she helped establish, blending theoretical knowledge with clinical experience.

Licensure and Continuing Education

Mary McMillan's advocacy for formal certification paved the way for state licensure requirements and national examinations that ensure therapists maintain competence. Continuing education requirements echo her commitment to lifelong learning, vital for adapting to emerging healthcare challenges.

Challenges and Critiques of Mary McMillan Physical Therapy

Legacy

No review is complete without acknowledging challenges. Some critics argue that early physical therapy, including McMillan's era, lacked the scientific rigor and diversity of treatment options available today. The initial focus on war-related injuries may have limited the scope of practice to certain patient populations.

Additionally, while McMillan championed education, the profession historically struggled with gender and racial disparities, reflective of the broader societal context. Modern practitioners strive to build a more inclusive and evidence-based profession while honoring McMillan's foundational work.

Balancing Tradition and Innovation

The challenge for contemporary physical therapists is to balance respect for the historical contributions of figures like Mary McMillan with the need to embrace new technologies and knowledge. This dynamic tension is essential for advancing patient care quality and professional growth.

The story of Mary McMillan physical therapy is one of pioneering spirit, dedication to patient welfare, and commitment to professional integrity. Her influence continues to inform how physical therapists assess, treat, and educate, leaving an indelible mark on healthcare.

Mary Mcmillan Physical Therapy

mary mcmillan physical therapy: Mary Mcmillan ~ the Mother of Physical Therapy
Marta Mobley, Mary Farrell, 2020-03-04 Mary McMillan: The Mother of Physical ~ Mary McMillan was as instrumental in founding physical therapy, as Florence Nightingale influenced the profession of modern nursing. Mary knew from an early age that she was meant to help, heal, and assist those who were in pain. She was fearless and unafraid to help all who suffered, no matter the peril. Mary was the key figure in organizing the profession of physical therapy in the first half of the twentieth century. Born in America in 1880, she was uprooted to England to live with her aunt at an early age. In college, she trained in physical education and remedial exercises in order to work with patients recovering from orthopedic surgery. In 1910 she worked in Liverpool under the eminent Sir Robert Jones. She returned to the United States in 1915 and became the Director of the Clinic of the Children's Hospital in Portland, Maine. Two years later, thousands of World War I wounded soldiers needed rehabilitation after the end of the war. She quickly became known and admired by leading orthopedic doctors and was recruited by the United States Surgeon General to form courses in physical reconstruction and therapy. Mary was the first reconstruction aide sworn into the United States Army in February 1918 and shortly thereafter was promoted to Director of Reconstruction Aides, later to be called Physical Therapists. World War I launched a need and ignited the field of physical therapy in America. It allowed women to begin a career in a new profession, one that would make their talents shine by healing tens of thousands of suffering soldiers. Mary taught the United States Army's inaugural class of over 200 women reconstruction aides at Reed College, whose graduates were sent out all over the country to set up hospital wards to rehabilitate the war's wounded soldiers. She would become known by all in her profession as The Mother of Physical Therapy, and a leader of the rapidly growing vocation. Because of Mary's hard work, efforts, and teaching, physical therapy would later become an integral part of every medical and physical recovery program for patients in homes, hospitals, clinics, schools, and training facilities around the world. In 1921, Mary wrote the best-selling book, *Massage and Therapeutic Exercise*, published by W.B. Saunders. She became the principal founder and president of the American Women's Physical Therapeutics Association, known today as the American Physical Therapy Association. At the same time, she was the Director of Physiotherapy at Harvard Medical School Graduate Program for eight years. In 1932, the Rockefeller Foundation appointed her to be the Chief Physiotherapist at Peiping

Union Medical College (PUMC) in China until she resigned in 1941. Upon the completion of her nine-year tenure in China, she booked passage back to America the week before the Pearl Harbor attack, but was too late. She was left stranded in Manila as the Japanese invaded the city, which left no chance for her repatriation home. Mary, and over 4,000 other Americans, British, and Dutch faced tragic circumstances, heroic hardships, starvation, and life-threatening health issues during their imprisonment by the Japanese in the Santo Tomas and Chapei Internment Camps from 1941-1944. This heroic story shares, in vivid detail, her triumphant life story in how she endured and survived through it all, never lost faith, and succeeded in her goal to serve the unfortunate as the Mother of Physical Therapy

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mary mcmillan physical therapy: Dreeben-Irimia's Introduction to Physical Therapy Practice with Navigate Advantage Access Mark Dutton, 2024-10-04 Dreeben-Irimia's Introduction to Physical Therapy Practice, Fifth Edition uncovers the "what," "why," and "how" of physical therapy. The text thoroughly describes who provides physical therapy, in what setting, and how physical therapists and physical therapist assistants interact with patients, each other, and other healthcare professionals. The Fifth Edition delves into the tools and competencies physical therapists and physical therapist assistants use to care for a diverse population of people in a variety of clinical settings. The book discusses what it means to practice legally, ethically, and professionally, including practical communication skills.

mary mcmillan physical therapy: Learning to Lead in Physical Therapy Jennifer Green-Wilson, Stacey Zeigler, 2024-06-01 A timely and essential book for physical therapist and physical therapist assistant students, faculty, and practitioners, as well as clinical educators, Learning to Lead in

Physical Therapy provides information on identifying, developing, and demonstrating effective leadership skills for daily practice. Drs. Jennifer Green-Wilson and Stacey Zeigler explain that in a health care field that's constantly evolving, leadership skill development must be a high priority in physical therapy education and practice. Leadership skills are critical for physical therapists and physical therapist assistants throughout the course of their careers—in an informal leadership role with patients, in collaboration and advocacy for interdisciplinary care, and in formal leadership positions as they continually adapt to new expectations. With an evidence-based framework, the authors incorporate a workbook-style text with written prompts, activities, tools, quotes, and personal vignettes from practicing clinicians to explore concepts including: Discovering your individual strengths, developing your leadership style, and learning to lead through mentorship and coaching Communicating effectively, incorporating teamwork and collaboration, becoming an inclusive leader, and leading through conflict Effecting change through leadership, ethical decision-making, and serving others This book is easily incorporated within a single course or across multiple courses throughout a curriculum. Academic and clinical faculty and practitioners will also find this book easy to use for personal growth with its activity-based guidance through each chapter. Included with the text are online supplemental materials for faculty use in the classroom. Physical therapists and physical therapist assistants have the unique opportunity to be leaders at all levels—in their practices, the health care system, and their communities at large. Learning to Lead in Physical Therapy is an essential text in preparing students, faculty, and practitioners of all levels for these crucial leadership roles and responsibilities.

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mary mcmillan physical therapy: Educating Physical Therapists Gail Jensen, 2024-06-01 The Preparation for the Professions Program by the Carnegie Foundation for the Advancement of Teaching focused on education in five professions (clergy, law, engineering, nursing, and medicine), but its influence has been felt throughout higher education and has inspired other professions to turn a critical eye to their own pedagogy. Modeled after the Carnegie Foundation's example, Drs. Gail Jensen, Elizabeth Mostrom, Laurita Hack, Terrence Nordstrom, and Jan Gwyer began an examination of the state of physical therapist education in the United States in their study, Physical Therapist Education for the Twenty First Century (PTE-21): Innovation and Excellence in Physical Therapist Academic and Clinical Education. With the same team of authors, Educating Physical Therapists documents this examination, detailing the key findings of the study and expanding on its implications. The text begins by looking at the current state of physical therapist education across the continuum, from professional education through residency, then continues by describing exemplars of excellence and best practices that were observed in academic and clinical settings. Through this survey of the profession, a conceptual model of excellence in physical therapist education is derived and presented with practical recommendations. Areas addressed: Elements that promote a culture of excellence Critical needs for advancing learning and the learning sciences Academic and clinical organizational imperatives The critical need for system-based reform Finally, after looking at the current state of physical therapy education, Educating Physical Therapists looks to the future, providing a reimagined vision for what professional education and the profession could be. These recommendations for growth come with commentary by international experts in physical therapy education, providing a wide range of perspectives. After an intensive examination of physical therapist education, Educating Physical Therapists is designed to change the way educators and administrators across academic and clinical settings prepare physical therapists for the future.

From the Foreword... The authors of this volume have much to teach us, and they have taught us well. We can accept their recommendations, or we can argue with them. To ignore them is impossible. - Lee S. Shulman, PhD, President Emeritus, The Carnegie Foundation for the Advancement of Teaching

mary mcmillan physical therapy: Quick Reference Dictionary for Physical Therapy

Jennifer Bottomley, 2024-06-01 Quick Reference Dictionary for Physical Therapy has been revised and updated into a Third Edition to include the latest information in the field of physical therapy. This reference book, designed specifically for the physical therapy and physical therapist assistant student and practitioner, provides a magnitude of terms, definitions, guidelines, and references essential to the field. This Third Edition provides quick access to over 3400 words and their definitions that are encountered on a day-to-day basis (400 more than the previous edition). There are also 41 appendices in this user-friendly, pocket-sized reference where you can find information such as lists of general acronyms and abbreviations for words commonly used in physical therapy/rehabilitation; commonly used acronyms for evaluative tests and measures; and definitions of impairment, disability, and handicap as established and accepted by the World Health Organization. What is new inside the Third Edition: • More than 100 new abbreviations and acronyms • Updated Code of Ethics for the Physical Therapist • A new Drug Prescribing and Elimination Abbreviations appendix • Updates to suggested readings Quick Reference Dictionary for Physical Therapy, Third Edition is the perfect, pocket size, affordable companion for school, clinical affiliations, and physical therapy practice.

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Tish Davidson, 2023-06-15 Profiling 60 medical innovations and milestones from the 11th through 21st centuries, this book highlights the people and stories behind these key moments while also exploring their historical context and enduring legacy. Medical Firsts: Innovations and Milestones That Changed the World brings together a carefully curated collection of turning points in the history of medicine over the last millennium. These firsts are drawn from a wide array of medical fields, from surgery to genetics, dentistry, and psychiatry. Firsts are arranged chronologically, but a thematic listing has also been included to allow readers to focus in on particular subject areas, such as trailblazing individuals, groundbreaking drugs and treatments, pioneering diagnostic tools, and life-saving medical procedures. Each entry begins with a description of how the first came to be, followed by discussion of the historical context in which it emerged and its continued impact on the world of medicine. Sources for further information are provided at the end of each entry and serve as a gateway to further study. We take many modern medical devices and techniques for granted, but everything from hypodermic needles and baby incubators to organ transplants, antibiotics, and hearing aids began simply as ideas in someone's mind. And while such concepts as formal medical education, methodical clinical trials, and universal healthcare may seem commonplace today, this wasn't always the case. In some cases, milestones centered around key people and institutions rather than technologies or ideas. Do you know who the first woman to win the Nobel Prize in Physiology or Medicine was, or where the oldest medical school still in existence resides? Medical history comes to life in this captivating volume.

mary mcmillan physical therapy: Physical Therapy Professional Foundations

Kathleen A. Curtis, 2002 This book was written to help preprofessional students make healthy choices about entering the field of physical therapy, to assist physical therapy students to establish sound habits and realistic expectations, and to facilitate success for new graduates in the transition from the academic setting to clinical practice. Clinical and academic faculty may also find these ideas useful in advising students at various stages in the professional education process. (Preface).

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Denton Patton, 2018-06-11 The health and physical education learning area is about taking action to enhance well-being. It encompasses three different but related subjects - health education, physical education, and home economics - with a shared conceptual framework and achievement objectives. Physical education is the process that uses physical activity as a means to help people acquire skills,

health, fitness, knowledge and attitudes that contribute to their optimal development and well-being. It plays an important role in the development of an individual just as a school room education does. In order to have a quality Physical education at all levels it is essential to have a qualitative scientific literature/information on various aspects of physical education. The present book is a step in this direction which has been designed as both a text and a resource in physical education. As a text it will prepare undergraduates in Physical education courses. As a resource it may serve variety of individuals such as teachers, coaches, volunteers and other professionals. In our society sport fulfils important functions and is indeed indispensable. It offers opportunities for physical activity in a world where physical activity is increasingly diminishing; it promotes good health and well-being; and it provides a means of social contact and ample opportunity for intensive experiences. Aim of this book is a careful selection of the important aspects of physical administration written by the authorities on the subject through the ages. Selection is mainly oriented to the requirement of the teachers and students of physical education.

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sports injuries. The text are arranged in a lucid form and written in simple colloquial English language. The book covers all those areas which go to make the foundations of sports injuries as a process, profession and academic discipline. Hopefully the present book will be useful for the students and teachers of physical education and sports and sports persons.

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Meet Mary McMillan: The Mother of Physical Therapy During World War I, Mary was appointed the first-ever Reconstruction Aide of the US Army Medical Corps. In this role, she used modern physical therapy techniques to rehabilitate

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