

WELCOME TO BAYLOR COLLEGE OF MEDICINE'S ORTHOTICS AND PROSTHETICS PROGRAM!



HEY CLASS OF 2028!

We're excited to have you join the O&P community and can't wait to see the energy, ideas, and impact you'll bring. This is the start of an exciting journey – make the most of it, support one another, and enjoy every step along the way. Congratulations and welcome!

TABLE OF CONTENTS

- Letter from the Class of 2027 President
- Meet the Faculty and Staff
- Meet the Class of 2027
- Lab Highlights
- What to Wear
- Transportation
- Houston Places to Visit
- Study Tips



Questions? Contact us!

Alexis Bui ✉ alexis.bui@bcm.edu
Louis Munoz ✉ louis.munoz@bcm.edu

LETTER FROM THE CLASS OF 2027 PRESIDENT SARAH ROBINSON

✉ SARAH.ROBINSON2@BCM.EDU

Hey Class of 2028!

First of all, congrats on being accepted into the Baylor College of Medicine Orthotics and Prosthetics Program! It was no easy feat to get here, and you should be very proud of every trial you've overcome to get to where you are today. The faculty, class of 2027, and class of 2026, are so excited to welcome you to the Baylor Family. Below our wonderful O&P Admissions Committee has put together this newsletter to help as you begin your first semester this June.

As you already know, this program moves lightning fast. Staying organized and working with your classmates is key to being successful in this program. Avoid comparison and let the varied strengths of your classmates grow you into an amazing student and inevitably a successful clinician. Take some time to figure out what study methods work best for you and know that it's okay to scrap what isn't working. If material isn't clicking, don't be afraid to ask questions. Chances are others are wondering the same thing! When you need extra classroom support, don't hesitate to lean on faculty, mentors, tutors, peers, or students in other cohorts. You are surrounded by a team of people that want you to be successful, and we would all be thrilled to help you out!

We were once in your shoes and understand that time certainly does fly by. Because of this, take time to fully experience all that Houston has to offer. It's easy to become completely enveloped by coursework, projects, and practical exams, but brain breaks during the week will keep you from getting completely burnt out. Pick up a new hobby, call friends and family from back home, find a social group outside of Baylor, go out with your peers to some of the amazing coffee shops, take a walk through Hermann Park; just find something that keeps you motivated during those long days.

With all of this to say remember that you belong in this program. The faculty knew you would be the perfect fit for our family and with this we are delighted to welcome you with open arms. Be proud of all that has led you to this point and continue to persevere to achieve all the wonderful opportunities waiting for you at Baylor.

Cheering you on,

Sarah Robinson

Meet Our Faculty and Staff!

O&P Program Faculty



**Ashley Mullen, Ph.D.,
M.S.A.T., CPO**
Program Director,
Associate Professor



**Jeremy Sherman,
M.S., CPO**
Associate Program
Director for Curriculum,
Assistant Professor



**Lisa Abernethy,
M.S.P.O., CPO**
Associate Director of
Clinical Education,
Assistant Professor



**Amandi Rhett, M.S.,
CPO, FAAOP**
Assistant Professor



**Megan Glahn Castille,
M.S., CPO**
Assistant Professor



**Christopher Hovorka,
Ph.D., M.S., CPO, FAAOP**
Assistant Professor



**Jared Howell, M.S.,
CPO, FAAOP**
Associate Professor

Additional Faculty



Jonnae Atkinson, M.D.
Associate Professor



Beth Garland, Ph.D.
Associate Professor



Christi Guerrini, J.D., M.P.H.
Associate Professor

Program Staff



Liz Vett Haecker
Senior Coordinator,
Program Management



Juan Jose Guzman
Coordinator, Business
Operations

Meet the Class of 2027!



Raghad Aljutaily
Saudi Arabia
Doctor of Physical Therapy



Journey Austinson
Bainbridge, GA
University of Georgia
journey.austinson@bcm.edu



Nicholas Bair
Dallas, TX
LSU
nicholas.bair@bcm.edu



Everett Baker
Carlisle, PA
Pepperdine University
everett.baker@bcm.edu



Brecken Baller
Sioux City, IA
University of St. Thomas - Minnesota
brecken.baller@bcm.edu



Alexis Bui
Ocean Springs, MS
University of South Alabama
alexis.bui@bcm.edu



Tanna Christensen
Willmar, MN
Midland University
tanna.christensen@bcm.edu



Kate Cogswell
Omaha, NE
Oklahoma State University
katelynn.cogswell@bcm.edu



Logan Evans
Port Lavaca, TX
Sam Houston State University
logan.evans@bcm.edu



Cyprus Fisher
Illinois
Purdue University
cyprus.fisher@bcm.edu



Olivia Fults
O'Fallon, IL
UNC at Chapel Hill
olivia.fults@bcm.edu



Angel Guzman
Houston, TX
Earlham College

Meet the Class of 2027!



Philip Marotta
Cranford, NJ
University of Maryland
philip.marotta@bcm.edu



Essien Muhammad
Houston, TX
University of South Carolina
essien.muhammad@bcm.edu



Louis Munoz
Houston, TX
Sam Houston State University
louis.munoz@bcm.edu



Eliana Negrón
San Antonio, TX
University of Texas at San Antonio
eliana.negrón@bcm.edu



Patrick Jacob O'Reilly
Pinehurst, NC
NC State University
patrick.o'reilly@bcm.edu



Emma Oryshchyn
Littleton, CO
Colorado School of Mines
emma.oryshchyn@bcm.edu



Makena Panitzke
Glenwood, MN
Minnesota State University Moorhead
makena.panitzke@bcm.edu



Mariah Rangel
Dallas, TX
University of North Texas
mariah.rangel@bcm.edu



Brennah Ringling
Poolesville, MD
University of Maryland
brennah.ringling@bcm.edu



Sarah Robinson
Rockport, TX
Texas A&M - Corpus Christi
sarah.robinson2@bcm.edu



Logan Rogge
Austin, TX
Washington University
logan.rogge@bcm.edu



Ava Williams
Milltown, NJ
University of Delaware
ava.williams@bcm.edu

“ Strive for your goals and never doubt your ability to achieve them.
- Mariah Rangel ”

“ Restoring movement is restoring independence.
- Raghad Aljutaily ”

FOOSH or get FOOSHed
- Journey Austinson ”

“ Look both ways before you cross the street
- Ava Williams ”

“ When in doubt, ask Jeremy
- Jacob O'Reilly ”

“ Apranihita. The idea is that you do not put something in front of you and run after it, because everything is already here, in yourself.
- Cyprus Fisher ”

“ Be confident and just send it
- Louis Munoz ”

“ Remember why you started
- Makena Panitzke ”

“ It'll all work out, it always does.
- Sarah Robinson ”

“ Luck is where opportunity and preparation meet.
- Eliana Negron ”

“ Your goniometer is gonna be your best friend. Always make sure you got one
- Logan Evans ”

“ Born to make legs, forced to do pedorthics.
- Brennah Ringling ”

“ It's all fun and games until you forget the separator
- Tanna Christensen ”

“ O&P is bliss
- Alexis Bui ”

LAB HIGHLIGHTS

Pedorthics



- Functional foot orthoses
- Accommodative foot orthoses
- UCBLs
- Shoe Modifications

Spinal and Cranial Orthoses



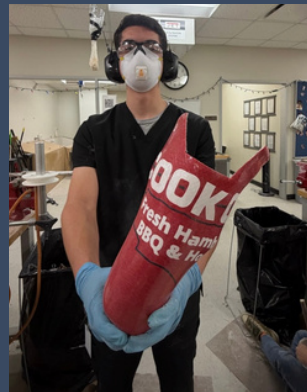
- Custom Spinal Orthoses
- OTS Spinal Orthosis fitting

Lower Limb Orthotics I



- Solid Ankle Foot Orthoses (SAFOs)
- Articulated Ankle Foot Orthoses (AAFOs)

Lower Limb Prosthetics I



- Total Surface Bearing (TSB) prosthesis
- Patellar Tendon Bearing (PTB) prosthesis
- Socket Lamination

Lower Limb Orthotics II



- Knee Ankle Foot Orthoses (KAFOs)
- Metal Bending

Lower Limb Prosthetics II



- Ischial Containment Brims
- Ischial Containment Skin-Fit Sockets with Friction Knees
- Ischial Containment Skin-Fit Sockets with Fluid and Microprocessor Knees



WHAT TO WEAR

Houston is warm and humid most of the year, with long, hot summers, mild winters, and frequent rain. The weather can be pretty bipolar though – you can go from sunny to rainy fast, and every once in a blue moon it gets cold enough for sleet or ice.

Typical School Days

Day-to-day wear at school is casual. Feel free to wear whatever you feel comfortable in including jeans, shorts, leggings, sweatpants, t-shirts, etc.

Lecture Days

The classroom is COLD, so bringing a jacket on full lecture days is highly recommended. Some have even brought in blankets.

Lab Days

Wear something that you are okay with getting messy. Long pants are recommended for grinding plastic. Many prefer to wear scrubs, especially for Anatomy lab.

Patient Model Days

Baylor blue scrubs (which you will be given early in the year) or business casual is required

Guest Lecture Days

Business casual





Getting to BCM or getting around Houston can feel a bit overwhelming at first, but don't worry—we've got you covered!

Students have several transportation options, including public transit, apartment shuttles, and other personal methods that can be used to navigate Houston and the Texas Medical Center (TMC).

METRO AND METRO RAIL

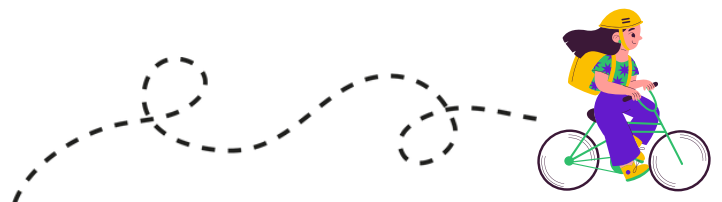
The Houston METRO offers many forms of transportation to and from the TMC. Most commonly used are METRO Bus and METRO Rail which go throughout Houston and the TMC. The METRO is easily accessible and offers a student discount for BCM students. You can also conveniently see real time bus schedules and arrivals through the rideMETRO app!

APARTMENT SHUTTLE

The most commonly used form of transportation to BCM and highly recommended by students! Many apartment complexes like (The Circle at Hermann Park, Villas at Hermann Park) offer low cost to free shuttle services to and from the TMC throughout the day and conveniently drop off/pick up right in front of BCM!

WALKING or BIKING

Many students walk or bike to BCM based on distance or convenience. Apartments and other locations in and around the TMC are in walking or biking distance! If this is your choice of traveling remember to look both ways before crossing!



PLACES TO VISIT



Aga's
Dakao
The Pit Room
Tacos Laguna Food Truck
Cali Sandwich and Pho
Lucille's
Crypto Burger Food Truck
Snooze A.M. Eatery
Southern Yankee Crafthouse
Gypsy Poet

Sushi Miyagi
Pie Tap
Spanky's
Shabu Zone
Garosu Korean BBQ & Sushi
El Taconazo
Waffle Bus
Mi Luna Tapas Restaurant and Bar
Dona Leti's
Postinos



Agora *Be mindful of parking!
Empire Cafe
Bitty and Beau's
Waygood Coffee
Segundo Coffee Lab
Roast & Brew
Le'DRIP Coffee and Tea
Paper Co. Cafe
The Coffee House at West End
Caffvino
La La Land *Be mindful of parking!
Eden Plant Co.
Campesino Coffee



Loch Bar *1.50/Oysters!
Marmo *\$5 small plates
Poison Girl
Saint Arnold's
The Rustic
Truck Yard
20th Street in the Heights
Little Woodrow's *TURTLE RACING!
Kirby's Ice House
Stampede *LINE DANCING!

STUDY TIPS

- Stay ahead on reviewing previous lectures
- Start studying sooner than you think you should. It's never too late to get ahead
- Make flash cards
- Make quizzes
- Rewrite notes
- Buy a Quizlet membership, it is so worth it for all things studying
- Utilize AI to help cover notes. Use it as a tool, not to do your work!
- Get a study buddy and have them quiz you before exams
- Find a study routine that works for you
- Explore new study methods if your previous methods are not working in the transition to graduate school
- Utilize the Academic Success Center (ASC)
- Visit the TMC library and ASC for a quiet place to study
- Review lab instructions and steps a day before
- Practice physical exam skills with friends
- Verbalize what you have learned! Talk with classmates, tell your family what you learned, ask classmates questions. If you can teach it, then you know it!
- Take time for yourself! Things are fast, but you need to have a social life too!

