

# Baylor College of Medicine

## O&P Class of 2027

## Welcome to BCM!

Welcome to the Baylor College of Medicine Orthotics and Prosthetics program! The next few years will be full of excitement as you progress on your journey to becoming a CPO. You've worked so hard to get here and should be proud! The class of 2026 is excited to meet you all and we hope this newsletter provides some helpful tips and information on what to expect at Baylor.

Baylor  
College of  
Medicine

SCHOOL OF  
HEALTH  
PROFESSIONS  
ORTHOTICS &  
PROSTHETICS



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# Welcome to Baylor!

## Feel Free to Reach Out!

Kirsten Lucy, President Class of 2026

Phone: (563) 581-5481

Email: [kirsten.lucy@bcm.edu](mailto:kirsten.lucy@bcm.edu)

Hello Class of 2027!

Congratulations on your acceptance to the Baylor College of Medicine Orthotics and Prosthetics Program! The Baylor Family is truly something special and I hope you quickly feel that as you begin your O&P journey. The class of 2026 has put together this newsletter, similar to one we received when we were in your shoes, with some advice to hopefully help you feel a little more prepared.

In just a few short months you'll be making your way to campus, meeting classmates and faculty, and starting your coursework. This time goes by quickly, so make the most of your experience here in Houston. There will be busy weeks and stressful times, but they're often outweighed by the memories made and new experiences in the classroom, in the lab, and with patient models. Get on top of your studying early on and form good habits to help you succeed. Don't forget to celebrate the little victories along the way as you build your toolbox to be the best clinician you can.

Don't be afraid to reach out for help whether it be from your classmates, the second and third year students, faculty, or friends and family back home. You're not in this alone! Everyone is coming into this new chapter with different experiences, skills, and perspectives. Avoid comparison and take advantage of the knowledge of those around you to build each other up. Your mentor and all the class of 2026 has been exactly where you are just one year ago. Please don't hesitate to reach out for anything you need!

Find something you love to do outside of your coursework. The days can be long, and the weeks can be busy, but take some time for yourself to refresh and keep going strong. Whether it be walking through Hermann Park, exploring the Houston coffee shops and restaurants, movie nights with friends, or picking up a new hobby, find a balance in your routine to avoid burnout.

You were chosen for this program, the faculty see your potential to become an amazing clinician, and you have what it takes to succeed! Keep this in mind when things are challenging. Everyone on this journey with you wants to see you do well and knows you are capable. Have confidence in yourself, work hard, and know that you have the support to achieve all you can here at Baylor.

You got this!  
Kirsten

# Meet Our Faculty and Staff

## O&P Program Faculty



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



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



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



**Sally Kenworthy, Ph.D.,  
M.P.O., CPO**  
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**  
Assistant 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 2026



**Chester**  
Baylor College of Medicine  
Hometown, USA  
(555) 555-5555



**Ben Altizer**  
University of Texas - Austin  
McKinney, TX  
benjamin.altizer@bcm.edu



**Kayna Anderson**  
West Virginia University  
New Martinsville, WV  
(304) 771-9771  
kayna.anderson@bcm.edu



**Conner Archambault**  
Michigan State University  
Berkley, MI  
(248) 798-3494  
conner.archambault@bcm.edu



**Clàudia Archer**  
University of Iowa  
Omaha, NE  
(402) 699-9686  
claudia.archer@bcm.edu



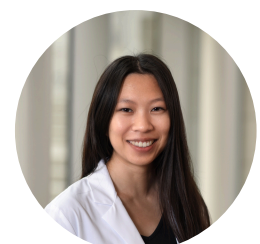
**Correy Cobern**  
University of Mississippi  
Jonesboro, AR  
kenneth.cobern@bcm.edu



**Stefany Crosby**  
Louisiana State University  
Princeton, TX  
(469) 631-5251  
stefany.crosby@bcm.edu



**Cammy Davenport**  
College of Charleston  
Greenville, SC  
(864) 915-7940  
cameron.davenport@bcm.edu



**Tiffany Fung**  
University of Nevada, Reno  
Las Vegas, NV  
(702) 785-8781  
tiffany.fung@bcm.edu



**Morgan Graham**  
Louisiana State University  
Lafayette, LA  
(337) 322-1912  
morgan.graham@bcm.edu



**Sam Jagels**  
South Dakota State University  
Norfolk, NE  
samuel.jagels@bcm.edu



**Belle Jordan**  
Clemson University  
Greenville, SC  
(864) 399-8664  
anna.jordan@bcm.edu

# Meet the Class of 2026



Nia Lowery  
University of Missouri  
Bowie, MD  
(301) 655-6612  
nia.lowery@bcm.edu



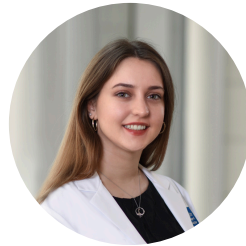
Kirsten Lucy  
University of Iowa  
Dubuque, IA  
(563) 581-5481  
kirsten.lucy@bcm.edu



Stephanie Minaker  
Brigham Young University  
Edmonton Alberta Canada  
(801) 472-4738  
stephanie.minaker@bcm.edu



Thuy Pham  
Mississippi State University  
Ocean Springs, MS  
(228) 437-1316  
thuy.pham3@bcm.edu



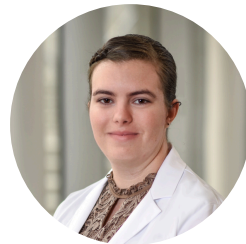
Serena Richards  
Pennsylvania State University  
Hudson, MA  
(978) 875-1578  
serena.richards@bcm.edu



Caroline Sabolich  
Purdue University  
Oklahoma City, OK  
(405) 795-9968  
u255115@bcm.edu



Alea Sigmon  
NC State University  
Hickory, NC  
(828) 455-7292  
alea.sigmon@bcm.edu



Whitney Vandiver  
University of the Cumberland  
Leeds, AL  
(205) 249-4984  
whitney.vandiver@bcm.edu



Jon-Avery Welch  
University of Mary Hardin-Baylor  
Magnolia, TX  
(832) 589-2314  
jon-avery.welch@bcm.edu



Dominic Whitener  
Rowan University  
Atco, NJ  
(609) 846-8288  
dominic.whitener@bcm.edu



Alissa Wilson  
Brigham Young University - Idaho  
Rexburg, ID  
(208) 206-9528  
alissa.wilson@bcm.edu



Audrey Yu  
University of Rochester  
Fairfax, VA  
(571) 888-2310  
audrey.yu@bcm.edu

# Lab Projects



## Upper Limb Orthotics

- Wrist hand finger orthoses (WHFO)



## Pedorthotics

- Accommodative foot orthoses
- Functional foot orthoses
- UCBL
- Rocker-bottom shoe mods



## Lower Limb Orthotics I

- Solid ankle foot orthoses (AFO) with classmates
- Articulated AFO for patient models
- Solid AFO for patient models



## Lower Limb Prosthetics I

- Total surface bearing (TSB) prosthesis for patient models
- Patellar tendon bearing (PTB) prosthesis for patient models
- Laminated socket



## Lower Limb Prosthetics II

- Ischial containment brims with classmates
- Ischial containment skin-fit sockets with patient models (friction knees)
- Ischial containment skin-fit sockets with patient models (fluid and microprocessor knees)



## Lower Limb Orthotics II

- Thermoplastic knee ankle foot orthoses (KAFOs) + metal bending!



**Upcoming this spring:** Spinal orthoses, upper limb prostheses

# Weather & What to Wear



## Weather

	Low	High	
Jan	44	64	
Feb	48	68	
Mar	54	74	
Apr	60	80	
May	68	87	
Jun	74	92	
Jul	76	95	
Aug	75	95	
Sep	71	90	
Oct	61	83	
Nov	52	73	
Dec	46	65	

## School Attire

- **Typical School Days:** Day-to-day wear at school is casual. Feel free to wear whatever you feel comfortable in - including jeans, shorts, leggings, sweat pants, t-shirts, etc.
- **Lab Days:** Wear something you are okay getting messy. Long pants are recommended for grinding plastic and many people choose to wear scrubs on all lab days.
- **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!

## Other Tips

- Summer is hurricane season - be prepared for lots of rain, very humid days, and the potential for power outages in the event of a hurricane
- The classroom is COLD - bring layers even when it's hot outside
- It may be helpful to keep an extra set of clothes/shoes at school for casting/fitting days

# STUDY TIPS

- Finding someone from class who you can talk through difficult concepts with can help substantially when trying to understand new material.
- Take advantage of the Academic Success Center. They are there to help you!
- Rewriting notes and lecture material shortly after lectures.
- Think out loud, even if you are just talking to yourself.
- Answer and understand the learning objectives from lecture slides.
- Make flashcards and utilize Quizlet.
- Preparing a night in advance for any lab or patient model days will make them significantly less stressful.
- Break up the material, while most things we learn connect eventually it helps to break it down into bite sized pieces.
- Study multiple days before exams, do not attempt to cram.
- Take time for yourself, things are fast, but you need to have a social life too.
- The textbooks that are recommended can be great resources during and after didactic, some books are provided!





# TRANSPORTATION



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.

## METROBUS

The Metrobus is a reliable choice, with stops scattered throughout the city, including one right outside the Cullen building, making it a convenient way to reach campus. The Metro Trip app provides real-time bus schedules and arrival updates to make commuting easier.

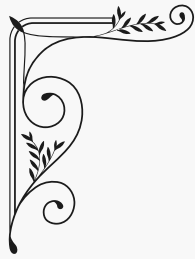
## APARTMENT SHUTTLE SERVICES

We as a class strongly recommend shuttle services through the local apartment complexes. Several complexes provide a direct route to the medical center. Properties like Villas at Hermann Park (included), Hermann Park Lofts (included), Stella at the Medical Center, and The Circle at Hermann Park (fee to ride) offer this convenient perk.

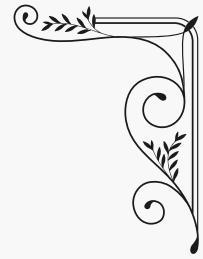
## METRORAIL

Another popular option is the Metrorail, which runs along Fannin Street in both directions. Many students use it to travel between campus, downtown, and their apartments. A reloadable metro card, available at Metro offices, offers discounted rates for students and can be used on both the Metrobus and Metrorail.





# HOUSTON Hot Spots



## - FOOD -

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- Pit Room
- Truth
- Pinkerton
- Dough zone
- Waffle bus
- Two hands
- Home slice
- Local foods
- Sweet Paris
- Velvet taco
- Tamashii ramen
- Ra Sushi
- El Tiempo Mexican Restaurant
- The POST
- Gaspachos Mexican bites
- Mi Patio
- Feng cha
- Sweet memes
- T-swirl crepe
- Hobbit café
- Paulie's (Italian)

## - COFFEE SHOPS -

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- Coffee house at west end
- Croissant brioche
- Badolina
- Bitty & Beau's coffee house
- Campesino coffee house
- La Tazza Specialty coffee
- Siphon coffee
- Agora

## - DESSERT -

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- Sinful bakery
- Flowers and cream
- Mochinut
- Tinys milk and cookies
- Milk mustache (cookies!)
- Pop fancy

## - BREWERIES/BARS -

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- Axelrad beer garden
- Karbach brewing
- Eureka heights
- St. Arnolds brewery
- Little Woodrow's (turtle races!)
- Postino
- Shot bar
- Bad astronaut brewing Co.
- Best regards
- The Monkey's tail
- Pete's dueling piano bar
- Stampede (line dancing and 2 step)
- Tom's Watch Bar

## - PARKS AND REC -

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- Hermann Park (Japanese garden, Houston zoo, miller theater, pedal boat, hammocking)
- Galveston (coastal city)
- Houston botanical gardens
- Rice village
- Bellaire
- NRG stadium
- Memorial Park

## - OTHER -

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- Momentum indoor climbing
- Space center
- Museum of natural sciences
- Contemporary arts museum
- James Turrell Skyspace (outdoor free sky viewing during sunset/sunrise)
- The Color Factory
- The Galleria
- Ironworks