

Student Volunteer Opportunities – Physical Therapy

Goldfarb School of Nursing at Barnes-Jewish College, St. Louis College of Pharmacy, Washington University School of Medicine

Event Name	Event Category	Event Location/date	Target population	Student Organization	Sponsoring Institution	Description	More Information
City Greens	Community Support/Education	Various locations/ongoing	Community	Physical Therapy	City Greens Market	Provide healthy, locally -grown food in a "food desert" of the Grove at cost, support local farmers, educate low-income individuals on healthy eating. They have several events throughout the year - a farm-to-table fundraising dinner, super soulful Sunday meals, and garden work days.	https://stlcitygreens.org
Dignity Period Gala	Fundraising	Various locations/held each April	Adults	Physical Therapy	Dignity Period	Locally produce and distribute environmentally friendly, reusable sanitary pads to girls in school in Ethiopia; Research exploring the cultural beliefs and social attitudes around menstruation in rural Ethiopia; develop research-based interventions to improve the lives of menstruating girls and women.	http://www.dignityperiod.org/events/
DPT Open House	Community Support/Education	WUPT building/held each October	-	Physical Therapy	WUPT	Introduce and familiarize prospective PT students to WUPT's program.	https://pt.wustl.edu/calendar/event/dpt-open-house-3/
DPT Preview Day	Community Support/Education	WUPT building/held each March	-	Physical Therapy	WUPT	Introduce and familiarize accepted PT students to WUPT's program.	https://pt.wustl.edu/calendar/event/dpt-preview-day/
Graduation Ceremony	Community Support/Education	Chase Park Plaza Hotel/held each May	-	Physical Therapy	WUSM/WUPT	Commencement for matriculating class	https://pt.wustl.edu/calendar/event/graduation/

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HPSLC Trivia Night	Social Events	WUSM and STLCOP/held each spring	-	Physical Therapy	WUSM and STLCOP	To create a space for students on campus for interprofessional collaboration on case studies, to learn about each other's role in patient care	https://mdstudentaffairs.wustl.edu/student-group/health-professional-student-leadership-council-hpslc/
KEEN (Kids Enjoy Exercise Now)	Sports/Fitness/Active	St. Louis University High School/held every other Sunday	Pediatrics	Physical Therapy	KEEN (Kids Enjoy Exercise Now)	KEEN stands for Kids Enjoying Exercise Now. Volunteers work one on one with a child with disabilities for an hour to get them moving and doing different activities.	http://www.keenstlouis.org/
Lobby Day	Government & Policy	Missouri Capitol Building/held each April	Community	MOAPTA	APTA	Meet with state legislators to discuss issues surrounding physical therapy.	https://pt.wustl.edu/
Prospective Student Tour	Community Support/Education	WUSM/ongoing	-	Program in Physical Therapy Student Ambassadors	WUPT	Introduce and familiarize prospective PT students to WUPT's program.	https://pt.wustl.edu/
PT ID	Community Support/Education	WUSM/ongoing	-	PT ID	WUPT	PT ID is an ongoing group that recognizes and celebrates diversity in the WUDPT program and the physical therapy profession as a whole.	https://pt.wustl.edu/physical-therapy-inclusion-and-diversity/
Ride On St. Louis	Sports/Fitness/Active	Kimmswick, MO/ongoing	Community	Physical Therapy	Interest Group	Ride On St Louis is an equine therapeutic riding program about a half hour south of St. Louis for various special populations.	www.rideonstl.org

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Rock Steady Boxing	Clinical Support	Rock Steady Boxing in Crestwood/ongoing	Adults	Physical Therapy	WUPT	This is an adaptive boxing class for patients with Parkinson's Disease. Volunteers can serve as instructors at specific circuit stations or as a "corner man" for participants with increased balance impairments.	http://crestwood.rsbaaffiliate.com
Ronald McDonald House	Community Support/Education	Ronald McDonald House in CWE/ongoing	Community	Physical Therapy	Ronald McDonald House	Cook a meal for families staying in the house while their child is undergoing treatment for cancer, etc.	https://rmhcostl.com/
Run 4 Research	Fundraising	Tower Grove Park/held each October	Community	Program in Physical Therapy	WUPT	A 5k and 10k run that benefits the foundation for physical therapy which provides crucial funding in the physical therapy field for research projects.	https://www.facebook.com/wuptrun
Stampede for Stroke	Fundraising	Tower Gove Park/held each October	Community	Physical Therapy	The Rehabilitation Institute of St. Louis	Raise money and awareness for stroke and celebrate the survivors by either walking a mile or running a 5k	https://racesonline.com/events/stampede-for-stroke
St. Louis Children's Hospital Basketball Camp	Sports/Fitness/Active	Held each winter	Pediatrics	Physical Therapy	STL Children's Hospital	Play basketball with children with CP for an hour.	https://pt.wustl.edu/

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Student Ambassador	Community Support/Education	WUPT building/ongoing	-	Physical Therapy	WUPT	Represent WUPT to prospective and admitted students by either guiding them on a tour of the campus or participating in the Open House and/or Preview Day or the 75th anniversary gala.	https://pt.wustl.edu/
Student Visits and Preview Days	Community Support/Education	WUSM/ongoing	-	Physical Therapy	WUPT	As a student ambassador, give prospective students tours of the campus. Additionally, can volunteer at the open house in October for prospective students to attend and preview day in March for admitted students.	https://pt.wustl.edu/
Tri My Best Triathlon	Sports/Fitness/Active	Washington University Danforth Campus/held each September	Community	Physical Therapy	Wash U, Children's Hospital		http://www.stlouischildrens.org/our-services/cerebral-palsy-center/sports-rehabilitation/tri-my-best-adaptive-triathlon
WUPT Day of Service	Sports/Fitness/Active	St. Louis Arc Bowling/held each October	Community	Physical Therapy	WUPT	Bowling league for adults with disabilities (e.g., autism)	https://www.slarc.org/
WUPT Guatemala Trip Mentorship	Clinical Support	Guatemala/ongoing	International	Hearts in Motion	WUPT		https://pt.wustl.edu/

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WUPT Volunteer Day	Community Support/Education	Various locations/held each October	Community	WUPT Volunteer Day	WUPT	One area of service includes the American Cancer Society Hope Lodge and Garden of the Gods. At Hope Lodge, students made breakfast for the residents. At Garden of the Gods, students helped weed and re-soil various beds.	https://pt.wustl.edu/