Message from the CEO

On behalf of the entire organization of Move Together, we send each one of you positive vibes, wishes, and prayers. As we transition from 2019 into 2020, we certainly find ourselves in unique times. More frankly stated, we are in unknown times. And times in which many are vulnerable and feel a sense of instability in their lives.

Throughout history, we have seen how instability and vulnerability for the individual and the collective can lead to disruption and trauma when alternative options are not present. For us, we look to three beacons to guide us so that we can be positive contributors to communities around the world. Those three beacons are Compassion, Collaboration, Community.

Alone and just written and said, the above words can easily be blown away. Yet with action, commitment, and a vibrant dimension to these three powerful ideas, the world can be changed for the better. Now more than ever, near and far, for the time that is and for the time that is to come, we all need to come together as compassionate collaborators in our communities in ways that are responsible and productive.

Our promises to you as an organization are thus. We will be aspirational in our aim and humble in our approach. We will partner with anyone anywhere to promote and promulgate positive works and ideas. We will always do our best.

We have a request. Starting today, we can each do something and then continue to do it. We can do as the American Statesman Ben Franklin did every morning as he looked in the mirror. We can ask ourselves ‘what good can we do today’?

Then we can answer it. One act. One day at a time. That is how we transcend the unknown. The vulnerability and instability that is all around us. That is how we collectively Move Together to a better place.

We look forward to fulfilling our mission with that mindset. In these unique times, positive and unique things are indeed possible. Onward, towards improving access to quality rehabilitation medicine around the corner and around the world. Onward, towards a world of more compassion, with deeper bonds of collaboration, and with stronger communities.

Onward we go. Together.

Dr. Efosa L. Guobadia, DPT
CEO and President
Table of Contents

4  Who we are
5  Clinic Development Program
9  Pro Bono Incubator
15  PT Day of Service
17  Catalyst Club
18  Financials
19  Partners, Sponsors, Donors
23  2019 Family
Mission
To increase access to quality rehabilitation medicine around the corner and around the world.

Vision
A clinic in every community.
A community in every clinic.

Pillars & Programs
Increase the quantity & quality of sustainable clinics and programs
Clinic Development Program
Pro Bono Incubator

Catalyze servant leaders
PT Day of Service
Catalyst Club
Clinic Development Program

The **Clinic Development Program** (CDP) is a collaborative endeavor with local clinicians and community leaders for the development of sustainable access to rehabilitation medicine in communities globally. We connect with locals to assess and collectively work together to respond to their needs for increasing movement and improving health for each patient touched.

In the collaboration, we continuously ask three questions of the local community: Are we welcome in the community and places we are engaging? What are some of the opportunities and challenges according to the people of the community (leaders, staff, students, patients)? And per their thoughts, what are ways to fulfill those opportunities and overcome any challenges? This engagement takes us beyond the building of physical space to the responsibly responsive development of local capacity in the operations, function, and rehabilitative treatment within local clinics and programs.

Our primary Clinic Development Program is focused in the municipality of Villa Nueva, Guatemala, which has two municipality managed physiotherapy clinics, Jairo Rodriguez & La Felicidad physiotherapy clinics, and a rehabilitation wing in the national hospital. We have partnered with the municipality of Villa Nueva since 2017 to increase access to rehabilitation medicine in the community and bi-directionally share and learn alongside local physiotherapists and physiotherapy students. What brings us great joy is experiencing the growth and transformation within the physiotherapy clinics, the local physiotherapists and physiotherapy students, and the patients.
Physiotherapy Clinic Transformation ~ CDP

The Jairo Rodriguez physiotherapy clinic opened its doors on May 23, 2017, after a one-day collaborative build project with members of the Villa Nueva community, municipality leadership, and global CDP project participants. Over the past 2.5 years, clinic leaders have expanded programs and implemented innovative programs to maximize people's movement potential. Programs include an adaptive tennis program, lower back class, program for amputees, and a kid's stimulation program. They have also added an occupational therapy program which, alongside physiotherapy and the various programs, assists in their ability to perform everyday household activities and return to work. Also, the clinic leaders and students from both clinics share weekly on the local TV about physiotherapy and ways to maximize movement. This is only a portion of the transformation and growth happening within Villa Nueva, Guatemala to increase access to rehabilitation medicine and to maximize the potential of community members near and far.
Not only has the clinic grown and transformed, but the physiotherapy students who serve in the clinic have grown and expanded their opportunities. Two previous Guatemalan physiotherapy students, who were part of prior Move Together CDP projects in Villa Nueva, graduated and in 2019 began their service as clinic leaders in the Jairo Rodriguez and La Felicidad clinics, respectively. The two young ladies, Katherine & Nohemi, share their appreciation of all those who supported the development of the Jairo Rodriguez clinic and the opportunity to bidirectionally share and learn with Guatemala and international colleagues, professionals, and students. And their leadership reflects the sharing and learning experience during the CDP projects as they have developed a family and community culture within the clinic and implemented weekly grand round type experiences for the students.
Patient’s lives are also transforming daily throughout the year. One transformative experience of hope through compassion and collaboration comes from our January 2019 CDP project at the Jairo Rodriguez clinic in Villa Nueva, Guatemala. Maria López (pseudonym) arrived at the clinic with limited left wrist extension/flexion and limited finger flexion of all digits. She was welcomed by a team of physiotherapists and physiotherapy students from Guatemala and the United States, who collaboratively assessed her and performed tissue and joint mobilization over her wrist, hand, and MCP joints. After 45 minutes, the patient could make a fist and squeezed Casey’s, PT student from Massachusetts General Hospital Institute of Health Professions Doctorate in Physical Therapy program (MGH IHP), hand. The reaction on Maria López’s face was priceless, and something Casey says she will remember forever.
The Pro Bono Incubator (PBI) program supports the innovative what if, why not ideas of our profession to increase access and awareness of rehabilitative medicine in the United States for the uninsured, underinsured, and underserved. The PBI program offers three core avenues of support (grant funds, mentorship, resources) to help maximize impact and collaborates with The Pro Bono Network to expand connections and assess pro bono outcomes.

**PBI Annual Grants**

**3-Year Fund Disbursement**

$30,500

16 programs

<table>
<thead>
<tr>
<th>Year</th>
<th>Grant</th>
<th># of programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019-2020</td>
<td>$11,815</td>
<td>6</td>
</tr>
<tr>
<td>2018-2019</td>
<td>$8,785</td>
<td>4</td>
</tr>
<tr>
<td>2017-2018</td>
<td>$9,900</td>
<td>6</td>
</tr>
</tbody>
</table>
University of North Georgia Drum Circle brought together compassionate and passionate hearts from the University of North Georgia's physical therapy (PT) and music departments. Collaboratively, they developed a different approach to chronic pain, mitigating the prescription of pain medication, especially opioids, through drumming. Drummers got lost in the drumming and though the day started in pain, they left the group sessions feeling better and with less pain. The drum circle is only the beginning of a ripple of ideas and collaborations to increase access to innovative ways of movement, maximizing people's potential.
Little Workers of the Sacred Hearts supports the poor and uninsured in the Washington, DC metropolitan area through access to physical therapy supported by local physical therapists and physical therapy students from Howard University. Grant funds utilized for the purchase of a high-lo treatment table opened the doors for increased access, improved safety for therapists and patients, and a rippling and continuous transformation today and into the future.
Slippery Rock University (SRU) Pro Bono Clinic opened its doors officially in the fall of 2018, increasing access to rehabilitation medicine on campus, in their community, and beyond. A SRU volleyball player expressed her appreciation for the proximity of the clinic, the opportunity to learn alongside the brilliant SRU physical therapy students, and the ability to return to the game she loves with increased movement and function. Her experience made possible thanks to SRU’s ability to purchase sustainable equipment to help initiate the clinic’s opening. Thanks to the PBI grant, they were able to equip the clinic with items such as privacy screens, towels, a TheraBall rack, and a high-low treatment table.
In collaboration with the Pro Bono Network, we initiated the National Pro Bono Rehabilitation Outcomes collection in 2019. In collecting and aggregating pro bono service and outcomes data across the United States, we look to demonstrate the impact these services have on people's lives, the medical profession as a whole, and our nation and world.

As we collaborate to share and analyze pro bono outcomes across the US, doors are open to transformative thinking for healthier communities. And healthier communities lead to a healthier world. We ask anyone engaged in pro bono rehabilitation work to join us in being responsibly responsive by sharing your outcomes quarterly. You can learn more and submit your outcomes on our website, www.movetogether.org/pro-bono-incubator/. 
2021 PBI Grant Cycle Application

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual grant cycle</td>
<td>Jan. 1 to Dec. 31</td>
</tr>
<tr>
<td>Applications open</td>
<td>Sept. 1 through Nov. 15</td>
</tr>
<tr>
<td>Mentor review deadline</td>
<td>Oct. 15</td>
</tr>
<tr>
<td>Recipient notifications</td>
<td>Dec. 1</td>
</tr>
</tbody>
</table>

National Pro Bono Rehab Outcomes

Submit Quarterly Outcomes by the 15th of April, July, Oct., & Jan.

Not too late to submit
2019 Yearly Outcomes
2020 Quarterly Outcomes

**PT Day of Service** (PTDOS) is a global initiative whose essence is local service for a global effect. A what if, why not idea sparked the first PTDOS in 2015, and 2019 marked the fifth anniversary. We have seen continued engagement from all 50 US states and increased and varied participation in countries around the world from 28 in 2015 to as many as 57 in 2018.

Over the 5-years, an average of 3,750 participants totaling over 18,750 participants have served together annually on one day across the world, a quilt of responsibly responsive goodness is experienced from improving children's nutrition in Myanmar to stroke education in Ghana. Or from collaborative therapy of physical and occupational therapists for children in St. Lucia to community engagement beautifying the beaches in Florida.
5-Year Anniversary of PTDOS

But PTDOS is about more than the day. Over our 5-year history, we challenge our communities near and far to take that next step towards daily asking **what good may we do, individually and collectively**, to better the world through local service.

- **In 2015, year one** was **about the day** and bringing together the physical therapy profession to impact their local community for a global effect.

- **In 2016**, we took the next step looking at **the day and beyond** building a foundation and fertilizing the ground to effectuate sustainable change in behavior, relationships, and impact.

- **In 2017**, we amplified the depths of going beyond to **transcending the day**, the profession, the organization to turn the ripples of service into waves of connectivity and compassion.

- **In 2018**, we transcended the day with a three-prong **transformation** and interrelationality of the person serving, the collaborative end beneficiary, and the community for bidirectional, sustainable change.

- **In 2019**, we transformed local communities through the beacons of **compassion, collaboration, and community**. We serve in bidirectional sharing of each other’s strengths and lessening of loads together in community.
Catalyst Club

The Catalyst Club is our dynamic and diverse critical mass of compassionate collaborators that drives us in our fulfillment of the mission and pursuit of the vision. It is a way for a diversity of people to intentionally engage in responsible stewardship of the resources within and before them in a viable and palpable way to maximize movement and thus maximize lives. With a collaborative and compassionate family, we will catalyze sustainable and responsible change in communities globally.

Our Members

✧ guide the transformation of how people engage with the world and how the world engages with them through movement;
✧ focus on enhancing movement and improving daily function through their hearts, hands, and minds;
✧ catalyze change in the world for healthier communities and people;
✧ are empowered and empower others through innovation and servant leadership;
✧ have a bidirectional opportunity to fulfill others through service and to be fulfilled in service; and
✧ gain a cultural understanding of our communities through education, bidirectional communication, assessment, research, and experiences.
Revenue

We are grateful to our family of supporters who provided 79% of our 2019 fiscal year revenue through monetary donations and physical donation of supplies and equipment.

Investment

49% of our overall monetary investment in 2019 went to support our programs.

We are grateful for our team members who share their art, heart, and time to help fulfill our mission and pursue our vision. As we grow, we look forward to continuing to invest in our personnel, programs, and projects in innovative, impactful, and empowering ways.
Move Together Partners

Our partner collaborations empower us on our journey in fulfilling our mission and pursing our vision.
Move Together Sponsors & Donors

We deeply thank our sponsors and donors for their support and belief in us on our journey towards increasing access to rehabilitation medicine around the corner and around the world.

**Sponsors**

American Physical Therapy Association (APTA)
Therapeutic Associations Physical Therapy (TAI)

**Donors**

Jen Esquer
T. Eugene & Joan H. Smith
Michael J. Brown
Bonnie McAfee
University of Massachusetts
Lauren and Sam Racoosin
James Sanderson
Papa's Legacy
Lisa Mendelow
Mimi Perkins
Janet Weber
Eyal Goldmann
Carol Young
Thea Rounsaville

**Donors (In Honor of)**

Richard Siemer (Katie Siemer Summers)
Cliff Bardelli (Natalie Dibs)
Robin Murphey (Sr. Clara Fehringer, OSU)

**Fundraisers**

Hannah Djalleta ~ Cyclebar Falls Church Spin
Casey Mokres' Birthday
Laura Vinci de Vanegas CDP
April Fajardo's Wedding
MGH Institute of Health Professionals Jan CDP Project
Alyssa Breslin's Birthday
Beth Horn's Birthday
Adriene Reavis' Birthday
We are grateful for all of our PT Day of Service sponsors and supporters for empowering and supporting us in promoting local service for a global effect all around the world.

Platinum

American Physical Therapy Association

ATHLETICO

REHAB ESSENTIALS

CORA

ATI

Physiopedia

Therapeutic Associates
PT Day of Service Sponsors & Supporters

Gold

Clinicient

Drayer Physical Therapy Institute

fsbp

Silver

BetterPT

Evidence In Motion

Bronze

MGH Institute of Health Professions
Oregon Physical Therapy Association
Sacred Heart University Physical Therapy Department
Tennessee Physical Therapy Association
New York Physical Therapy Association
HPA The Catalyst

Donors

Kristine Hasson
Christine Mramor
Rich Severin
Xenia King
## 2019 Family

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Efosa Guobadia</td>
<td>Chief Executive Officer</td>
</tr>
<tr>
<td>Josh D'Angelo</td>
<td>Chief Operations Officer</td>
</tr>
<tr>
<td>Terence Bellew</td>
<td>Chief Financial Officer</td>
</tr>
<tr>
<td>Adriene Reavis</td>
<td>Donor Impact Intern</td>
</tr>
<tr>
<td>April Fajardo</td>
<td>Director of Communications</td>
</tr>
<tr>
<td>Cara Whalen Smith</td>
<td>CDP Council: Rwanda Co-Lead</td>
</tr>
<tr>
<td>Ciara Burgi</td>
<td>PBI Program Director</td>
</tr>
<tr>
<td>Gail Bachman</td>
<td>PTDOS Program Director</td>
</tr>
<tr>
<td>James Sanderson</td>
<td>Impact Lead</td>
</tr>
<tr>
<td>Jessica Burger</td>
<td>CDP Council: Rwanda Co-Lead</td>
</tr>
<tr>
<td>Laura Vinci de Vanegas</td>
<td>CDP Council: Guatemala Lead</td>
</tr>
<tr>
<td>Maggie Delaney</td>
<td>Research and Design Intern</td>
</tr>
<tr>
<td>Mary Kimbrough</td>
<td>Communications Team</td>
</tr>
<tr>
<td>MeMe Earnest</td>
<td>Social Media Coordinator</td>
</tr>
<tr>
<td>Rebecca Altic</td>
<td>Donor Relations Coordinator</td>
</tr>
<tr>
<td>Robin L. Murphey</td>
<td>Director of Logistics</td>
</tr>
<tr>
<td>Ron Peacock Jr</td>
<td>Catalyst Club Program Director</td>
</tr>
<tr>
<td>Taylor Stone</td>
<td>PBI Deputy Director</td>
</tr>
</tbody>
</table>

info@movetogether.org  www.movetogether.org
© 2020 Move Together, Inc.