2/6 FRANCE HELENE NIST 1965-1976
About Hellebrandt

Hellebrandt 8-26-1901 → 2-2-1992

Article & Violin Playing Article
"To play his instrument with ease is the desire of every violinist. To achieve warmth and purity of tone is his dream. That these goals are attainable to all who want to play is the credo of A New Approach to Violin Playing".

"The New Approach is based on the adaptation to violin playing of built-in patterns of coordination of ancient origin which operate subcortically. From the independent thinking of a first-rate artist-teacher has come a series of devices which serve as key cues capable of unlocking the neuromuscular machinery of the living body in ways which greatly simplify the fundamentals of violin playing. These form the foundation for a particular way of holding the bow and using the left hand. In turn, the latter greatly affect tone production and musical expression. All three are mutually interdependent. All appear to be explainable in the light of neurophysiological mechanisms regulating coordination and movement. Havas deserves great credit for recognizing the manifestations of autonomous regulation, exploiting their pedagogical implications, and proving their validity in all age groups and at any level of technical proficiency".

"Indeed, the New Approach may be forecasting a future in which the violinist rediscovers himself as the instrument of expression, with the violin and bow as extensions of a sensitively responsive and autonomously regulated physiological machine".

"Havas' description of the stance of the violin player in The Twelve Lesson Course is the one he assumes spontaneously if he approaches this from the mobile, relaxed starting position described in the first section. The thigh does move forward as the pelvis tilts and the back hollows. The trunk and shoulder blades do move backward. The knees straighten, the spine elongates, the abdomen flattens, the chest is raised, the base of the neck pulls back, and the head drops forward from the first joint between the skull and the vertebral column. Experiments performed in our laboratory have shown this to be the most stable of all postures".

"The Havas stance also puts the shoulder girdle into the position required to establish the natural balances demanded for the suspended elevation of the arms. This is an exquisitely precise total body adjustment which positions every anatomical part in ways facilitatory to the performance of the motor acts required in violin playing, and does so without detailed instructions by the mind".

"The uniqueness of The New Approach resides in Havas' insistence on doing what comes naturally. To recapitulate a most important point, she puts the body into a secure, but relaxed and sensitively mobile starting position and then lets what biomechanical adjustments are obligatory happen without interference from the highest levels of control. Approach thus, holding the violin is an astonishingly simple act".

"Havas builds each motor experience upon a previous one basic to its appropriate evolution. The patterns of response increase insensibly in their complexity. Each is yoked to what is obligatory for its smooth and orderly operation".

"When the bow is finally held by the right hand and drawn across the strings of the violin the new patterning required evolves out of the modulation of a perfectly integrated and delicately coordinated substrate. It takes surprisingly little experience to time the firing of the flexion and extension manoeuvre so as to keep the stick in proper relationship to the bridge of a violin supported effortlessly between the jaw and the collar bone".

"Havas pays great attention to both the right and the left thumb in violin playing. She seems to be fully aware of the extraordinary importance of this digit, and advocates usages which appear to depend on fundamental mechanisms capable of dissociating the fingers from the thumb, while preserving the integrity of natural limb synergies. An easy balanced bow hold is acquired as a virtually spontaneous act".

"Reasoning from first principles suggests that this holds throughout the gamut of technicalities met with in the applied aspects of The New Approach on its more advanced levels. All may be achieved through virtually instant learning and flashes of insight if the pupil is shown how to release that admirable repertoire of natural movements built into the neuromuscular apparatus of every normal human being".

"Her ability to diagnose the prepotent cause of difficulties in execution is very acute, as is her ingenuity in applying corrective measures. She continuously tests the relaxation of muscle groups most apt to develop restricting tensions. Her repeated abdaction of the right hand, buckling of the wrist, drooping of the right elbow on the up-down, swinging the hanging left arm away from the body, checking the flexibility of the knees and so on, are in themselves invaluable and highly suggestive learning cues. The pupil has no respite during which to hypnotise himself with rote playing. It should not be forgotten, however, that as long as the cues used are physiologically sound they can be counted on to operate "with machine-like fatalty", and the techniques of their application in The New Approach as a method, can be learned by any teacher".
Workshop at the University of Western Michigan.

String Conference at the University of Boulder, Colorado.

With the Chapman Youth Ensemble from Hampton, Virginia, U.S.A.

At the Summer Violin School, Dorset, England.
Kato Havas, born in Hungary, started study of the violin at an early age, giving her first professional recital at the age of seven. She received the traditional Hungarian virtuoso training at the Royal Academy at Budapest under the auspices of Emil Telmanyi and Imre Waldauer, thus becoming the musical godchild of Hubay and Joachim. She withdrew from professional life after her marriage at the age of 18 and devoted her time to bringing up three daughters. It was during this period of withdrawal that she evolved her revolutionary method of teaching. The results were so startling and instantaneous that she began to give lessons seriously and was soon invited to lecture in Oxford.

It was the educationalist, Noel Hale, F.R.A.M., who first introduced her method of teaching in a series of articles in The Strad. "I was privileged", wrote Mr. Hale, "to witness the teaching of a method of violin playing entirely new to me, which I believe is capable of revolutionising the technique of playing ... the Havas method represents a way of playing which would seem to me to be the answer to cramp, tensions, musical frustration and to fading out technically before one's time; writing as a personal witness, I must say that I have been amazed at the result of this unusual approach". Since then her work has aroused enthusiastic appreciation from many eminent teachers and musicians all over the world and her lectures on the Release from Tension and Anxiety are well known all over Britain and the United States. Her master classes on Fundamental Balances Applied to Virtuoso Technique are acclaimed not only by violinists but by all players of various instruments who have attended them. Miss Havas gives talks and demonstrations on television and her books are in demand everywhere. A film on her teaching was made for the University of Illinois. She is known as "Teacher of Teachers" and players from Sweden to Israel, Canada and the United States and as far away as New Zealand and Australia come to London for her world-famous Twelve Lesson Course.
9/26/91 Dear Sue - in re: JaySchlech's letter of 11/5/91

The enclosed will indicate what there can be promptly follow-up by Norma Dinniss for the Dr. H. interview. Indeed I saw her on her birthday in her new quarters where your roses were beautifully displayed.

Upon my July return from 10 weeks' Illness by at Sichuan Universities in China, I found word from a sister that Margot Trimble Banker's death had occurred in Nov '89. Asked the P.T. student fundraisers who called recently to inform the Baruch letter - did she let you know? Best wish for sister too -

[Signature]

MT. CARMEL MEDICAL CENTER / MT. CARMEL EAST HOSPITAL

THERAPIST
Yesterday I talked with Dr. F. A. Hellebrandt at her #131 apartment in 1st Community. I am leaving a copy of Jay Schleichkorn's Sept 11th request letter. She will await your call for an interview appointment and offers to have some biopsy material already on hand as prepared for your reference. I am sure she's doing well following her Aug 26th birthday. Her birth date = 8-26-01.

Feel free to call me at 231-5208. I shall look forward to results of this contact. Best wishes - [Handwritten signature].
F. A. Hellebrandt, M.D.
First Community Village
1800-107 Riverside Drive
Columbus, Ohio 43212

Died 2/2/92
August 26, 1901

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<td>Columbus, Ohio 43212</td>
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Signature: [Signature]

Date new address in effect: 7/14/88

August 26, 1901

Died 2/2/92
1800-131
the American Physical Therapy Association
Ohio Chapter, Inc.
4355 North High St.,
Columbus, Ohio 43214

rc'd
10/9/91

SUSANNE HIRT
7301 NORMANDY DRIVE
RICHMOND, VIRGINIA 23229

re: Hellebrand 92

died 2-3-92

U.S. POSTAGE
0.29
COLUMBUS, OHIO 43216

10/07/91 PM
October 7, 1991

Mr. Jay Schleichkorn, Ph.D., P.T.
2631 Jennifer Hope Boulevard
Longwood, Florida, USA 32779

Dear Jay,

Great hearing from you and what a wonderful suggestion to do a story on Frances Hellebrandt, M.D., Ph.D. This project has been referred to the Public Relations committee to give Ms. Hellebrandt the time, talent and respect due her story.

Again - my gratitude for sending me this information.

Cordially,

Norma Jean Finissi
Executive Director

cc Susanne Hirt
Peg Huikill

Died - 2-2-92
Re: Hellbrand

Dr. Hellbrand

Susan Hirt, PT
7301 Normandy Drive
Richmond, VA
23229-8712

July 26
June 28, 1996

Dear Sue:

I hope you had a good trip home after the APTA conference. It was tiring and the rainy weather was too much. I came home with a bad cold!

I had my four rolls of film developed and there were two photos of you that weren’t the best. Sorry about that! But the one of you on the stage is good...that’s with the 50 year + members.

In between all the people you spoke to you, I managed a few questions. I need to know how to get some biographical material on F. H. Hellebrandt. I received an e-mail request from a teacher in Korea who handles the therapeutic exercise course. She feels the students should know something about the life of the people they discuss. She is a Canadian teaching Koreans PT. I sent her a lot of material on Sherrington, Marie, Hughling-Jackson and Magnus...but I couldn’t find anything on T.E. Twitchell, C. Foix and Hellebrandt.

Can you make some suggestions so I can help the teacher?

This past week my wife and I took off again and spent 3 days in Las Vegas. Quite a place! Who says people don’t have money today. It was amazing to see the crowds and especially families.

Next week we are driving north to Long Island to see our kids and then I take Amtrak to Boston for a week at the National Jewish Genealogical Society’s conference. I recently was elected President of the Greater Orlando Jewish Genealogical Society. Another job! But I am very interested in genealogy and find it all fascinating...lots of detective work.

Hope to hear from you. I’ll be away July 9 through 26, so don’t rush the information of you are busy. Have a good summer.
week. If the teacher has any specific questions or requests—perhaps she can write to me and I can see what I can find.

My congratulations—
Jay, for being elected President of the Greater Orlando Jewish Genealogical Society!—Have a good, healthy summer—
Kindly yours,

Steve
7-28-94

Dear Jay—

Thank you so much for sending me the wine pictures.

I am sorry that the 75% tour trip to the 75% landed badly. I hope you had a good trip recently.

I am sending you some material on Dr. Hellbrant.

We have a collection in the library that I have not seen yet—but will explore next.
Hottest Wheels For Less!

TOYS 'R' US

After World War II, while the economy was growing rapidly, new consumer products were introduced to the market. This period saw the rise of the modern consumer culture, with the mass production of toys and games. The toy industry experienced a surge in popularity, and new products such as Barbie dolls and Legos were introduced.

During this time, the consumer culture began to shift towards a more disposable society. Toys were no longer viewed as investments, but as disposable products that were meant to be used and discarded. This trend continued into the 1960s and beyond, as the disposable culture became a defining feature of modern society.

In addition to the toys themselves, the way in which they were marketed and sold also changed significantly. Stores such as Toys 'R' Us began to emerge, offering a wide variety of products in a single location.

These changes in the toy industry were not without their critics. Some argued that the emphasis on disposable products was leading to a loss of the values that had once been associated with toys, such as creativity and imagination.

Despite these concerns, the toy industry continued to thrive, with new products and technologies being introduced on a regular basis. And while the disposable culture may have had its critics, it also provided an opportunity for the toy industry to adapt and evolve, offering new and exciting products to a changing society.

Continued from P.1
Frances Hellebrandt

Editor’s note: From time to time the Quarterly features a memorable alumna or alumnus so that our readers can discover the accomplishments and uniqueness of fellow graduates.

Frances A. Hellebrandt ’29 is exceptional in many respects. In her clinical years at the Medical School, she was a true pioneer; the only female student among a profusion of men, she was allowed to design her own curriculum and for five years was classified as a senior in Physical Education. When she later became associated with the Medical School faculty, she advanced up the academic ladder along with her male colleagues, eventually becoming a tenured professor and head of a section—a most uncommon event in those days.

“This said something important about the innovative philosophies and intellectual integrity of the faculty that was setting the roots of a great medical school,” Dr. Hellebrandt believes. “Wisconsin’s treatment of women on its early Medical School faculty is probably unique in the annals of American medical education”.

“My experience at Wisconsin during the distant formative years of the establishment of its Medical School, and equally, my internship under Middleton’s great leadership in the then new Wisconsin General Hospital, had a profound effect on the whole of my professional life.”

Dr. Hellebrandt’s career in exercise physiology and physical medicine began early. While still a medical student, she was an Assistant in the Department of Anatomy for three years. She then transferred to the Department of Physiology, where she progressed from Instructor to Assistant Professor of Physiology in 1930 to associate Professor in 1936. She later became Associate Professor of Physical Medicine as well.

After spending 16 fruitful years on the Medical School staff, Dr. Hellebrandt moved to the Medical College of Virginia (1944-51), where she was Professor of Physical Medicine and Director, Baruch Center of Physical Medicine and Rehabilitation. Later Professor Hellebrandt headed the department of Physical Medicine as well as Physical Medicine and Rehabilitation at the Research and Education Hospitals, University of Illinois.

Although Dr. Hellebrandt officially retired from professional life in 1965, she returned to the University of Wisconsin in 1957 and resumed academic activities on a part-time basis in both the School of Medicine and the School of Education. From 1957 until her retirement as Emeritus Professor in 1964, her accomplishments in the study of exercise physiology continued to bring credit to Frances Hellebrandt. She became Wisconsin Alumni Research Professor and the Director of the Motor Learning Research Laboratory under a special grant project supported by the Easter Seal Research Foundation of the National Society for Crippled Children and Adults.

Dr. Hellebrandt has published 164 papers in 36 clinical and educational journals and received a number of honors including: Fellow of the Academy for Cerebral Palsy; Anderson Merit Award of the American Association for Health, Physical Education and Recreation; honorary membership, American Physical Therapy Association; Citation, American College of Sports Medicine; Fellow, Royal Society of Health; Outstanding Alumna Award, UW Department of Physical Education; Trustee of the Easter Seal Foundation; member of the editorial board of several journals.

Although many years into retirement, Dr. Frances Hellebrandt rides her stationary bicycle daily (nearly 20,000 miles so far), until recently regularly made rounds in the nursing home of the retirement center where she lives in Columbus, Ohio, and continues her interest in exercise physiology and motor learning as it pertains to the extremely elderly. At age 81—fifty years after her first published paper—she wrote “Healthy Living Patterns” for an Ohio State University manual of Interdisciplinary Health Care for the Aged. In recent years she has also authored “Exercise for the Long Term Care Aged—Benefits, Deterrants, and Hazards,” “The Senile Dement in Our Midst,” and “Aging Among the Advantaged” for geriatric journals.

During 1975-76 Dr. Hellebrandt spent two hours a day, seven days a week with ward patients suffering from Alzheimer’s disease, then called senile dementia. “To be part of this program—briefly—before it became a popular cause, is my greatest retirement satisfaction,” she said.

Although she received her degree in 1929, Dr. Hellebrandt belongs to the Class of 1928, with whom she took the clinical years of her training. She is proud to be counted among graduates of the Medical School and “proud to be a member in good standing in the Wisconsin Medical Alumni Association.”
Professor Erwin H. Ackerknecht died in Zurich on November 18, 1988. He was our first Professor of the History of Medicine and the first Chairman of the History of Medicine Department.

University Benefactor, Mr. Thomas Brittingham, provided initial funding for the professorship to which Dr. Ackerknecht was appointed on January 1, 1947. In July of 1950 departmental status was afforded to the History of Medicine Program.

Erwin H. Ackerknecht was born on June 1, 1906 in Stettin, Germany. He received the M.D. degree from the University of Leipzig in 1931 and entered the United States in 1941. From 1941 to 1944 he was Research Fellow at the Institute of the History of Medicine, Johns Hopkins University. Before his appointment to the Medical School faculty Ackerknecht served as Assistant Curator of Anthropology at the American Museum of Natural History, New York.

During his ten year career on the Madison campus, Ackerknecht was a visible, forceful and effective contributor and spokesman for his discipline whose goals he furthered through his teaching, lecturing, research and publication.

In his chronicle of the Medical School, 1848-1948, Paul F. Clark comments: "With his ardent personality, his flair for vivid speech, and his detailed scholarship, he made an unusual place for himself on our campus and as an international scholar."

Dr. Ackerknecht resigned on January 31, 1957 to accept a chair in Medical History at the University of Zurich. His last visit to the Medical School was on May 6, 1981 when he presented the Annual William Snow Miller Lecture on Medical History. He is survived by his wife who resides in Zurich.
Dear Mrs. Russell,

This letter is coming to you a bit late. Please forgive me.

I was one of Dr. Helcbrandt's pupils and she was responsible for much of my professional career.

We were in touch with each other until the very end — see her last visit to Columbus in 1987.

Please let me know if I can be of any assistance to you.

Kindly,

S. Hirt
Ralph Hawley
Executive Director
Wis. Med. Alumni Ass.

Dear Dr. Hawley -

I assume that you have been informed by now that Dr. Frances Hellebrandt died on February 2nd, 1992.

I do indeed appreciate that you sent me the Quarterly Vol. 29 - 7 will cherish the article in memory of Dr. H. very dearly. She played a very significant role in my professional life and career.

Sincerely,

[Signature]
Honorary Membership Awarded Mary E. Switzer and Dr. Hellebrandt

For their interest in and contribution to the field of physical therapy, Mary E. Switzer and Frances A. Hellebrandt, M.D., were elected to Honorary Membership in the American Physical Therapy Association at the 1965 Annual Conference.

Since 1950 Miss Switzer has been Commissioner of the Vocational Rehabilitation Administration, U.S. Department of Health, Education, and Welfare. She has had a long career in the Federal Civil Service.

After graduation from Radcliffe College, she entered the Treasury Department in 1922 and rose through administrative posts in that Department. In 1934 she was named Assistant to the Assistant Secretary of the Treasury in charge of the Public Health Service (then in the Treasury Department). When Federal health, education, and welfare programs were placed in the Federal Security Agency in 1939, Miss Switzer joined the new agency as Assistant to the Federal Security Administrator and remained in that position until 1950. The Federal Security Agency became the Department of Health, Education, and Welfare.

Miss Switzer resides in Alexandria, Virginia. Dr. Hellebrandt, who received the M.S. degrees from the University of Wisconsin from 1925 to 1944, developed the electrodynamic brake ergometer; devices for the graphic representation of shifts in the center of gravity and the personal limits of the center of gravity; and several ergographs.

She served on the faculty of the University of Wisconsin from 1925 to 1944, when she became Director of the Baruch College Physical Therapy and Medical College of the City University of New York. From 1951 to 1955 she was Professor and Head, Department of Physical Medicine and the University of Illinois. In 1957 she returned to the University of Wisconsin where she is now the Director of the Motor Learning Research Laboratory.

Retired, she now lives in Florida.
RESOLUTIONS ACCOMPANYING PRESENTATIONS OF HONORARY MEMBERSHIP

WHEREAS, Over the years you have given support, guidance, and assistance to the physical therapy profession, and have been a valued friend of this Association, and,

WHEREAS, Your vision of the importance of physical therapy to the welfare of the patient led you to encourage the development of standards of excellence in both education and practice, and,

WHEREAS, Through the responsibilities you have carried in both governmental and voluntary agencies you have contributed to the health manpower needs of the nation and to the promotion and support of scientific research in many health related areas, and,

WHEREAS, Your years of devoted service to your country are bringing to fruition the dream of rehabilitation for the physically disabled world over, and,

WHEREAS, The warmth of your personality and the sincerity of your efforts have achieved for you, both personally and professionally, the respect and admiration of your colleagues, be it, therefore,

Resolved, That the highest award of the American Physical Therapy Association, Honorary Membership, be conferred upon you,

MARY E. SWITZER

WHEREAS, You have demonstrated a sustained and vital interest in physical therapy throughout your professional career; and

WHEREAS, The curriculums in physical therapy with which you were associated demonstrated unlimited imagination and maintained a high level of academic excellence; and

WHEREAS, Through your ability to impart ideas and promote intellectual curiosity, you have inspired students at all levels of learning to achieve their maximum potential; and

WHEREAS, Your contributions in research, particularly in motor learning, have already contributed significantly to knowledge and will serve as a base for many additional studies; and

WHEREAS, Your warm affection and personal interest in physical therapists and your humility and unflagging energy have been an inspiration to all who have been associated with you; therefore, be it

Resolved: That, through the recommendation of the Board of Directors and the unanimous vote of the House of Delegates, the American Physical Therapy Association bestow Honorary Membership upon you,

FRANCES A. HELLEBRANDT, M.D.
The Problems of Old Age

Frances Hellebrandt never thought about becoming old; now she must

By David Love
Dispatch Staff Reporter

Every morning, in the cool, twilight hours before dawn, Dr. Frances Hellebrandt walks for 30 minutes through the long, quiet corridors of the Hillside Manor at First Community Village in Columbus.

At age 86, Hellebrandt is unsure in vision and gait, and she doesn’t really get “waker’s high” from completing her 10 loops through the building.

But as an exercise physiologist, Hellebrandt knows it’s necessary to keep her joints, her mind and her legs strong.

“Some days I wonder why I do it,” she admitted. “At times it can be very difficult to make the last rounds, but I believe the exercise is good for me so I take an extra push to do it.”

Hellebrandt said there are some village residents who find her a bit odd for her morning walk or for the 16,000 miles she has logged on her stationary bicycle over the last five years.

“EXERCISES FOR WHAT?” is the question, she asked. “Why not just sit?” Most of them do that. They just sit. It takes motivation. People think you’re cracked, and I’m glad everybody laughs at me for paying attention to my diet.”

Hellebrandt’s diet is so rigid as her exercise. She tries to limit herself to a broad selection of vegetables, a little meat and almost no desserts, fried foods or butter.

A stack of notebooks on the desk in her neat apartment records each meal and its constituent calories, proteins and nutrients and charts her progress against long-term goals.

None of which means that Hellebrandt classifies herself as an expert on aging.

The physician and researcher spent four decades studying the role of exercise in the health of young adults. But she never gave a thought to the unique health problems of aging until time forced her to look at her own life.

“I DO NOT believe that when you’re young, no matter how bright you are or how well read you are, that you can understand what the old people are going through,” she said. “I didn’t know a thing about geriatrics before I came here. I just volunteered and asked what I could do. I had never been in a nursing home, never seen a patient with Alzheimer’s disease.”

Once she looked at the problem, Hellebrandt discovered that science knows little about the health requirements of those over 60. More disturbing is that the scientists and their funding banks show little interest in the subject.

“There’s no cure for aging. So who wishes to devote himself to the multiple illnesses of aging?” she said. “There’s no sense of achievement in working with us. We don’t get better. We just get worse.”

IF AN OPHTHALMOLIST can get thousands of dollars for a 15-minute surgical procedure, why would medical students choose to devote their lives to $20 office calls with chronically ill and demanding seniors?

The discrepancy is reinforced by the low priority for geriatric research in government budgets and the lack of emphasis on the topic in most medical schools, she said.

“New Community Village, for example, we’re about to open this new nursing facilities Center for skilled nursing care,” Hellebrandt said. “With the Ohio State University medical school next door to us, it just seemed like such a natural to establish a teaching nursing home in the way we have teaching hospitals.”

Unless attitudes change, a crisis in the care of the very old is just over the horizon. Hellebrandt warns. As more seniors move into their 70s and 80s, organized medicine must begin to address the infirmities of advanced age to find ways to extend the period of physical fitness and maintenance.

Please see AGING next page

Hellebrandt’s weight chart: methodical and detailed

Frances Hellebrandt adds a few more miles to the 16,000 she’s logged over the last five years
CHRONOLOGICAL INDEX TO PUBLICATIONS
by
F. A. Hellebrandt, M. D.


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163. Hellebrandt, F. A.: Correspondence - "Steinhausen's Heritage" Submitted to THE STRAD.


CURRICULUM VITAE

Died 2/2/73

Frances A. Hellebrandt

Daughter of Frank J. and Annette Freuil Hellebrandt,

Educated in the public schools of Chicago and at the University of Wisconsin
Ph.D. in Physical Education
M.D. in 1922, both from the University of Wisconsin
Interned at the State of Wisconsin General Hospital 1922-30
Post-graduate training in Physical Medicine at Northwestern University, Mayo
Clinic, Cook County Hospital Post-graduate School, Children's Rehabilitation
Center of Baltimore
Research, Clinic for Sportsmen, Charles University, Prague, Czechoslovakia 1937-33

Positions held:

University of Wisconsin (School of Medicine) 1924-44
Professor in Anatomy 1934-37

Medical College of Virginia 1944-51
Professor of Physical Medicine and Director, Baruch Center of Physical
Medicine and Rehabilitation, 1944-51 (Said to the Medical College of
Virginia during WWII by President William T. Sanger to organize the
Physical Medicine and Rehabilitation program when the College received
a quarter of a million dollars from Bernard H. Baruch for that purpose)

University of Illinois (School of Medicine) 1951-55
Professor and Head, Department of Physical Medicine, and Chief of Physical
Medicine and Rehabilitation at the Research and Educational Hospitals
(First woman ever appointed to head a clinical department at Illinois)

Retired from professional life in 1955
Lived at Pass-a-Grille, Florida 1955-56
Established residence 1956 in Athens, Ohio

Resume part-time professional activity at the University of Wisconsin
University of Wisconsin (Schools of Medicine and Education) 1957-64
Lecturer in Physical Education Nov. 1957-February 1953
Wisconsin Alumni Research Fellowship Research Professor 1955-59
Director, Motor Learning Research Laboratory 1959-64
(Special summer project supported by the Easter Seal Research Foundation of
the National Society for Crippled Children and Adults and the Wisconsin
Alumni Research Foundation)

Retired 1958; Professor Emeritus, University of Wisconsin

Author of 151 scientific papers dealing with various aspects of exercise physiology,
motor learning, physical medicine and rehabilitation published in the Journal
of Physiotherapy, American Journal of Physical Medicine, Journal of Laboratory and Clinical
Physiology. Proceedings of the Society for Experimental Biology and Medicine,
American Journal of Physical Education, Federation Proceedings, Journal of
the American Medical Association, Clinical Journal, Physiological
Medicine, American Journal of Statistics and Endocrinology, Archives of Physical
Medicine, Southern Medical Journal, American Journal of Occupational Therapy,
Medical Monthly, Journal of Bone and Joint Surgery, Quarterly Review of
Pediatrics, General Medical Review, Industrial Medicine and Surgery, American
Journal of Physical Medicine, Human Physiology, The Physical Educator, Guest,
Wisconsin Medical Journal

(over)
Fellow American Academy of Physical Education (?) :  

**Special Honors Recently Received**

March 26, 1956 : American College of Sports Medicine 
Citation to Francis A. Hallebrandt, M.D. "Physician, physiologist and physical educator. For many years a leader in the science of exercise and physical rehabilitation. Expert in physical medicine and researcher in the principles of motor learning and exercise physiology to rehabilitation."

1965 American Physical Therapy Association Conferred Honorary Membership upon Francis A. Hallebrandt, M.D. "In recognition of distinguished and meritorious service to the art and science of physical therapy and to the welfare of mankind."

1960 American Association for Health, Physical Education and Recreation "Francis A. Hallebrandt has been presented the William G. Anderson Merit Award in recognition of meritorious service to the profession of Health, Physical Education and Recreation."

**Formerly**

On the editorial board of the *Journal of Applied Physiology* and the *American Journal of Physical Medicine and Rehabilitation*

Board of Trustees *ASTARIAL RESEARCH FOUNDATION*

Research supported by the *WISCONSIN ALUMN RESEARCH FOUNDATION*, NATIONAL INSTITUTES OF HEALTH, *ASTARIAL RESEARCH FOUNDATION*, OFFICE OF NAVAL RESEARCH

With Prof. L. H. Kelso of the College of Engineering, University of Wisconsin developed the following research tools: electrodynamic brake bicycle ergometer, series of sphygmographs, and devices for locating the center of gravity of the human body in the cardinal orientation planes.

Medical Director of MI II training program in physical therapy for members of the USAF at the University of Wisconsin, and for Navy Nurses at the Medical College of Virginia.

**Research in the Following Areas of General Interest**

Muscle training and the overload principle

The phenomenon of cross education or the influence of training on the learning of unexercised parts

The influence of severe exercise on the digestive work of the stomach

Spot reducing vs generalized exercise

Influence of tonic neck reflexes on work output in exercises of stress