

2021 Barbara Knothe Burn Therapist Achievement Award

Cynthia J. Hayes Lundy, PT



Cindy Lundy has been a career burn clinician for more than 39 years and an American Burn Association member for the last 37 of those years – the entire breath of this time has been dedicated to the Intermountain Burn Center at the University of Utah. During her continued tenure, Cindy has literally cared for thousands of burn survivors.

Cindy graduated from the University of Utah with a Bachelor of Science degree in Physical Therapy in 1982 with the distinction of the Alpha Eta Honor Society. Cindy immediately inserted herself in the burn rehabilitation team and quickly became a pivotal member of the burn care team at the hospital. She was only the 3rd person hired within this young initial rehabilitation team and when the two other members migrated into academia – Cindy was the centric and stabilizing core on which the vibrant and well-known burn rehabilitation program now stands. Cindy began as a staff Physical Therapist in 1983 and was promoted to Supervisor in 1988 and then onto her current role as Lead Supervisor in 1990. Cindy has always led by example and is consistently willing to be proactive and “hands on” in both her teaching and her operations management of the team that she supervises. Her colleagues and co-workers regard Cindy as a clinician with quite confidence, humility and enthusiasm – “always willing to learn and just so dam smart”.

Within the American Burn Association, Cindy has been a consummate contributor especially to the clinical foundations of the rehabilitation community at large. Cindy has served on several committees including the National Burn Rehabilitation Committee from 1992- 1995 and serving as Co- Chair and ascending to Chair of the Occupational and Physical Therapy Special Interest Group from 2002 to 2004. Cindy has published and presented on a multiple

range of topics over her substantial career including but not limited to - Unna Boot Management; Coban Wrapping; Splinting; Positioning; Wound Care; Adolescent Prevention; Impairment Ratings; Sensory Management; Scarring and Computer-Generated Exercise Programs. Cindy's publications mirror her clinical and managerial acumen further solidifying her overall balanced and comprehensive rehabilitation capacities.

It is in the clinical realm where Cindy's true brilliance shines. Her gentle and understated demeanor has allowed her to often promote changes in the medical management, as well as, to the physicians and residents themselves. It is often thru Cindy's collaborative clinical contributions which clearly improve the patient's condition and galvanize the entire team during the exhausted and complex course of recovery in the massive burn. Cindy has developed innovations in burn therapy approaches for both pediatric and geriatric practice as well as burn surgery, critical care and aftercare of the burn survivor. The evolution of burn therapy has changed over the last 40 years and Cindy has fully demonstrated that consistent, concerted care by a multidisciplinary rehabilitation professional can advance outcomes and sped recovery in remarkable ways. Cindy embodies the spirit of leadership and commitment that many strive to achieve, and she has planted the seed upon which great burn therapy and rehabilitation will continue to flourish for many generations to come.