

July 25, 2011

Keeping In Touch . . . Impacting Lives



Brenna Barzenick, P.T. (formerly Brenna Monteleone-Perilloux) is a 1994 graduate from the Physical Therapy program in New Orleans. She is a native of Hammond, Louisiana and is married to Jay Barzenick. She is the mother of two children, ages 9 and 6. She was the owner of a successful private practice before selling it to become a full-time mom - a job that has inspired her to write. Brenna is the author of the book, *Tsumommy! Riding the Wave of Motherhood*. The book has won several publishing awards and has been nationally recognized as a “must-read for young mothers” by Christiane Northrup, M.D., author and frequent Oprah contributor. Brenna is also the author of a newspaper column, *Tales from the Crib*, published monthly in the *Daily Star*. When her younger child started school, Brenna rejoined her colleagues at Anatomix Physical Therapy, her former private practice. She feels at home in the orthopedic, outpatient setting, as much as she does in the carpool line!

Years ago, Brenna wrote a medical advice column for a local newspaper titled Joint Effort. “As a physical therapist, I was comfortable dispensing information about common ailments such as tennis elbow, trigger finger, and low back pain. I have always had a knack for writing, and at the time I was just thrilled to have a forum to share my expertise as a therapist. After becoming pregnant with my first child, writing became a backburner project. I could only focus on the miracle growing inside of me, and I knew then to hang up my writing hat. Years passed and two children later, I was approached by the managing editor of the local newspaper to write a parenting column. At first I declined, knowing that just being a mom certainly didn’t qualify me to give parenting advice. Besides, I was always the one that dashed for the parenting section of the bookstore looking for advice. I knew that one ingredient for successful writing is a clear mind. My mind was fuzzy at best, and that has not changed. Having babies will do that to you. I soon decided to surrender to that fact and just go for it. With the success of my column, I decided to compile my stories into a book. Thus, in 2008, *Tsumommy!* was born (and this time it wasn’t so painful).”

“Receiving my Physical Therapy degree definitely prepared me for motherhood. How? Well, like my studies at LSUHSC, motherhood completely consumes the mind but at the same time provides valuable knowledge and a lifetime of wisdom! Diligence, persistence, focus, and dedication are all part of being a PT and a mother. Thank you, LSUHSC!”



Promoting Leadership & Collaboration
within an Interdisciplinary Network

Please address any suggestions or comments to tgunal@lsuhsc.edu
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The School of Allied Health Professions would like to hear about the accomplishments of our alumni and friends. Please contact Tina Gunaldo at tgunal@lsuhsc.edu or 504-568-4251 to share stories and experiences.

School of Allied Health Professions Multidisciplinary Job Fair
The SAHP will host its 2nd Annual Professional Job Fair on Thursday, September 22, 2011 for students. For additional information, please contact Tina Gunaldo at tgunal@lsuhsc.edu



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