

Alicia D. Flach PT, DPT

adflach@mailbox.sc.edu

Blatt P.E. Center
1300 Wheat Street, 101M, Columbia, SC 29208
803-777-2416

EDUCATION

Doctorate University of South Carolina, Columbia, SC.
 Doctor of Physical Therapy (2008)

Undergraduate University of Illinois; Champaign, IL
 Bachelor of Science in Biology (2004)

LICENSURE AND CERTIFICATIONS

- Board-Certified Clinical Specialist in Neurologic Physical Therapy (NCS), through 2032
- Board-Certified Multiple Sclerosis Clinical Specialist (MSCS), through 2023
- Montreal Cognitive Assessment Certification, through 2022
- Movement Disorders Society- Unified Parkinson's Disease Rating Scale Certification, 2018
- Certificate in University Teaching Skills, Saint Louis University, Spring 2017
- State of South Carolina, Licensed Physical Therapist, #8661
- American Physical Therapy Association, Credentialed Clinical Instructor
- American Heart Association, Healthcare Provider CPR certified

ACADEMIC APPOINTMENTS

2021- Present Clinical Associate Professor
University of South Carolina, Columbia, SC. Arnold School of Public Health, Department of Exercise Science, Physical Therapy Program.

- Chair of Service Committee
- Member of Admissions Committee
- Member of Student Success and Progressions Committee
- Student Advisor

2017- 2021 Clinical Assistant Professor
University of South Carolina, Columbia, SC. Arnold School of Public Health, Department of Exercise Science, Physical Therapy Program.

2014-2017 Assistant Professor
Saint Louis University, St. Louis, MO. Doisy College of Health Sciences, Program of Physical Therapy.

- Member of Curriculum Committee
- Member of Doisy College of Health Sciences, Academic Grievance Committee

- Student Advisor

2014-2015

Associated Instructional Faculty

University of South Carolina, Physical Therapy Program, Columbia, SC

- Delivered appropriate course lectures regarding rehabilitation of patients with amputations and gait training with prosthetics.

TEACHING EXPERIENCE

University of South Carolina, Physical Therapy Program

Instructor of Record

- 2018- Present Orthotics and Prosthetics, PHYT 760
- 2018- Present Neuromuscular Assessment and Intervention I, PHYT 809
- 2018- Present Essentials of Cardiopulmonary Physical Therapy, PHYT 766
- 2017- Present Neuromuscular Assessment and Intervention II, PHYT 810

Additional Teaching/Lecturer

- 2018- Present Faculty Research Interests (1-hour lecture)
- 2018- Present Fundamentals of Neuroscience, PPHP 750, Course Liaison
- 2020- Present Acute Care in Physical Therapy, PHYT 770
- Course Liaison
 - Basic Transfer Techniques Lab (2-hour lab)
 - Advanced Transfer Techniques Lab (2-hour lab)
 - Introduction to Cardiopulmonary PT (2-hour lecture)
- 2022 Transforming Healthcare, PUBH678
- Interprofessional Education, small group facilitator
- 2021 Athletic Training Foot posture assessment and foot orthotics (2 hours)
- 2021 Differential Diagnosis PHYT 806
- Differential Diagnosis of Cardiovascular Pulmonary Conditions (2-hour lecture)

Saint Louis University, Program of Physical Therapy

Instructor of Record

- 2015- 2017 Neurological Conditions I, DPT 5251
- 2015-2016 Professional Residency I, DPT 4001
- 2014-2016 Applied Neuroscience, DPT 5149
- 2014-2016 Neurologic Physical Therapy Seminar, DPT 6182

2014 Developmental Biology, DPT 4146

Lecturer/Teaching Assistant

2017 Neuropathology DPT 5250, Lecturer

2016 Department Administration, DPT 6077

2015-2016 Patient Management II, DPT 6072

2015 Applied Evidence Based Practice DPT 6243

RESEARCH STUDENT ADVISING

Undergraduate Students

1. Emily Good (2022-2023). Determining rate of functional decline in people living with Parkinson's disease based on time since diagnosis. South Carolina Honors College Thesis.
2. Ryan Long (2022-2023). Differences in the 5 time Sit-to-Stand Test Between Tremor Dominant (TD) and Postural Instability/Gait Difficulty (PIGD) Parkinson's Disease. South Carolina Honors College Thesis.
3. Jessica Spurling (2019- 2020). Developing a Framework for Implementing Cognitive Behavior Strategies into Physical Therapy Sessions to Increase Physical Activity in Individuals Living with Chronic Neurologic Conditions. South Carolina Honors College Thesis.
4. Connor Wilson (2017-2018). Self-Reported Physical Activity Levels in Persons with Parkinson's Disease and Their Care Partners with Recent History of Falls and Time Since Diagnosis.
5. Tara Suhs (2018). Research Assistant- Longitudinal Assessment of Motor and Non-motor Symptoms in PD.

DPT Students

1. Baylee Bridgers (2020-present). Determining the relationship between backwards walking speed and falls in people living with Multiple Sclerosis.
2. Morgan Bookstaver (2020- present). Determining the relationship between backwards walking speed and falls in people living with Multiple Sclerosis.
3. Elise Baron (2020- present). Determining the relationship between backwards walking speed and falls in people living with Multiple Sclerosis.
4. Rachel Balzer (2019-2021) Determining Fallers and Non-Fallers in People Living with Multiple Sclerosis.
5. Kiersten Addy (2019-2021) Determining Fallers and Non-Fallers in People Living with Multiple Sclerosis.
6. Meghan Santaniello (2019-2021) Determining Fallers and Non-Fallers in People Living with Multiple Sclerosis.
7. Jessica Fourspring (2018- 2020) A qualitative analysis of participant experience and perceived outcomes in the Rock Steady Boxing program for Parkinson's Disease.
8. Olivia Burnitz (2018- 2020) A qualitative analysis of participant experience and perceived outcomes in the Rock Steady Boxing program for Parkinson's Disease.
9. Lauren Sustar (2018- 2020) A qualitative analysis of participant experience and perceived outcomes in the Rock Steady Boxing program for Parkinson's Disease.
10. Jessica Russell (2018- 2019)- Evaluating the Participant Experience of the PWR!Moves program for those with Parkinson's Disease. A Qualitative Study.
11. William P. Waters (2018- 2019)- Evaluating the Participant Experience of the PWR!Moves program for those with Parkinson's Disease. A Qualitative Study.

12. Annalise Gaston (2015-2017)- Implementation of Knowledge Translation by Physical Therapists to Improve Care of Individuals with Mild Traumatic Brain Injury.
13. Rachel Hasler (2014-2017)- Endurance Exercise for Individuals with Parkinson's Disease: A meta- analysis.

GRANT FUNDING

Ongoing Research Support:

1. Parkinson's Foundation (Flach) 2022-2023
 Physical Therapy Faculty Scholar \$9987
Optimizing Reach and Sustainability of PD REV+, an Established Community Program for People Living with Parkinson's Disease and their Care Partners.
 The objective of this program is to further build on the education and exercise support provided by PD REV+ to improve access to exercise opportunities for people living with Parkinson's disease (PD) and care partners by increasing the number of trained exercise professionals knowledgeable in PD, increasing PD-specific exercise class offerings, and improving our understanding of key components that contribute to sustainability of this program.
 Role: Co- Principal Investigator

1. Parkinson's Foundation (Flach) 7/2020-6/2022
 Community Grant \$16,000
Education and Exercise Support for Individuals Newly Diagnosed and their Care Partners
 Community based education and financially supported exercise for people living with Parkinson's Disease and their care partners.
 Role: Principal Investigator

2. ASPIRE (Flach) 7/2020-6/2022
 University of South Carolina \$9,951
Capturing physical activity, symptom presence and severity in people with Parkinson's disease in real-time: A pilot study
 The goal of this study is to capture real time symptom presence and severity while simultaneously capturing physical activity levels to better understand the day-to-day relationship between physical activity and symptoms.
 Role: Principal Investigator

3. Palmetto Health Neurology 2018-2023
\$20,000
A longitudinal study of the role of physical activity behaviors on motor and non- motor symptoms in Parkinson's disease
 The goal of this study is to follow people living with Parkinson's disease over a five-year period and track their non-motor and motor symptoms and self-reported physical activity to identify if a relationship exists between symptoms and physical activity level.
 Role: Principal Investigator

Submitted

Completed Research Support

2. NIH (NIA) (Fritz) 11/2018-10/2019
1 R41 AG059475-01A1 \$224,706
Mitigating Injurious Falls in Older Adults Through Non-Injurious Fall and Gait Analysis from Floor Vibrations
The primary goal of this study was to validate a vibration detection system to measure gait parameters, including walking speed, using traditional gait assessment tools and measures.
Role: Co-Investigator
3. President's Research Fund (Gai) 1/2017-12/2018
Saint Louis University \$24,992
Intelligent Wheelchair for Individuals with Spinal Cord Injury
The primary goal of this study was to design a power wheelchair seating system that utilized electroencephalogram of the user to drive the power wheelchair.
Role: Consultant

Non-Funded

4. Parkinson's Foundation (Flach) 2019
Physical Therapy Faculty Scholar \$9973
Extending the classroom to the research lab: Enhancing the skills of physical therapy students through hands-on research experiences with people living with Parkinson's disease (PD).
The goal of this project was to increase the amount of PD-focused training for physical therapy students through 1:1 direct interaction with people living with Parkinson's disease (pwPD) so they can enter the field well-equipped to work with pwPD in any setting.
Role: Principal Investigator
5. ASPIRE (Flach) 2019
University of South Carolina \$9,969
A longitudinal study of the role of physical activity behaviors on motor and non- motor symptoms in Parkinson's disease
The goal of this study is to examine the relationship between physical activity behaviors and motor and non-motor symptoms in people living with Parkinson's disease across time.
Role: Principal Investigator
6. Parkinson's and Movement Disorders Foundation (Flach) 2019
\$4998
A longitudinal study of the role of physical activity behaviors on motor and non- motor symptoms in Parkinson's disease
The goal of this study was to add activity monitors to our longitudinal study to compare to the self-report measure of physical activity which relies on subjective recall of past activities and is prone to recall bias.
Role: Principal Investigator
7. Davis Phinney Foundation (Fritz, Flach) 2018
\$100,000
Comparison of the effects of a progressive balance intervention to moderate intensity aerobic exercise on balance and fall rate in persons with Parkinson's disease

The goal of this study is to compare the effects of a progressive balance intervention to a moderate intensity aerobic exercise intervention of equal duration on balance and fall rate and non-motor symptoms such as fatigue and cognition in people living with Parkinson's Disease. Role: Co-Principal Investigator.

8. Michael J. Fox Foundation (Fritz, Flach) 2018
\$100,000
Comparison of the effects of a progressive balance intervention to a progressive moderate intensity aerobic intervention on balance and fall rate in persons with Parkinson's disease
The purpose of the proposed study is to compare two non-pharmacological interventions to determine which intervention has the largest effect on balance and fall rate.
Role: Co-Principal Investigator
9. National Multiple Sclerosis Society (Newland) 2016
Pilot Grant \$47,280
Identifying Perceived Barriers to Rehabilitation of Persons with Multiple Sclerosis and Their Carers
Role: Co-Investigator
10. Clinical and Translational Research Funding Program (Jaeger) 2015
Barnes-Jewish Hospital Foundation and Washington University \$50,000
Determining dose of exercise training for workers with early Parkinson's Disease
Role: Co-Investigator

PUBLICATIONS

Peer Reviewed (underline indicates student/mentee)

1. Balzer R, Handlery K, Handlery R, Fritz SL, Fourspring J, **Flach A.** (2021). Instrumented Timed Up and Go Detects Differences Between Parkinson Disease Clinical Subtypes. (in preparation).
2. Buitendorp, S, Fourspring J, Gawler T, Pornipimol B, Sollman M, **Flach A.** (2021) The Biggest Difference Between Fallers and Non-Fallers Living with Parkinson's Disease are Non-motor Symptoms. (Under Review)
3. Davis BT, Bryant BI, Fritz SL, Handlery R, **Flach A,** Hirth VA. (2021) Measuring Gait Parameters from Structural Vibrations. Mechanical Systems and Signal Processing. (Under Review)
4. Handlery R, Stewart JC, Pellegrini C, Monroe C, Hainline G, **Flach A,** Handlery K, Fritz S. Physical Activity in De Novo Parkinson Disease: Daily Step Recommendation and Effects of Treadmill Exercise on Physical Activity. Phys Ther. 2021 Jul 8;. doi:10.1093/ptj/pzab174. [Epub ahead of print] PubMed PMID: 34244805.
5. Handlery R, Regan E, Lewis A, Handlery K, **Flach A,** Larsen C, Fritz SL. (2021). Active Participation of Care Partners in a Physical Activity Intervention Alongside People with Stroke: A Feasibility Study. Physiotherapy Canada. 2021 June 11; <https://doi.org/10.3138/ptc-2020-0035> [Epub ahead of print]
6. Newland P, Salter A, **Flach A,** Flick L, Thomas F, Gulick E, Rantz M, Skubic M. Associations between self-reported symptoms and gait parameters using home sensors in persons with multiple sclerosis (MS). Rehabil Nurs. 2019 Jan 14. Epub ahead of print. doi: 10.1097/rnj.0000000000000210

7. **Flach A**, Jaegers L, Krieger M, Bixler E, Kelly P, Weiss EP, Ahmad SO. Endurance Exercise Improves Function in Individuals with Parkinson's Disease: A Meta-analysis. *Neuroscience Lett*. 2017 Oct;659:115-119. doi: 10.1016/j.neulet.2017.08.076
8. Newland PK, Lunsford V, **Flach A**. The interaction of fatigue, physical activity, and health-related quality of life in adults with multiple sclerosis (MS) and cardiovascular disease (CVD). *Appl Nurs Res*. 2017 Feb;33:49-53. doi: 10.1016/j.apnr.2016.09.001
9. Stewart JC, **Flach A**. Making the Most of Every Repetition. *J Neurol Phys Ther*. 2015 Jan;39(1):31- 2. doi: 10.1097/NPT.000000000000007
10. Fritz SL, River ED, Merlo AM, **Reed AD**, Mathern G, De Bode S. Intensive Mobility Training postcerebral hemispherectomy: early surgery shows best functional improvements. *Eur J Phys Rehabil Med* 2011;47(4):569-77.

PRESENTATIONS

Peer-Reviewed Presentations (underline indicates student/mentee)

1. Handlery, R, Hainline, G, **Flach, A**, Handlery, K, Fritz, S. (2021). Stepping with Parkinson's: Treadmill Exercise Improves Daily Steps in People with Newly Diagnosed Parkinson's Disease. American Physical Therapy Association Combined Sections Meeting, Virtual. Platform Presentation.
2. Balzer R, Handlery K, Handlery R, Fritz SL, Fourspring J, **Flach A** (2020). Instrumented Timed-Up-and-Go Detects Differences Between Tremor Dominant and Postural Instability/Gait Deviation Parkinson's Disease Subtypes (poster). American Physical Therapist Association Combined Sections Meeting. Virtual Conference. February 2021.
3. **Flach AD**, Dalton P, Teixeira-Poit S (2020). Early Student Engagement with Multiple Sclerosis Care: Building a Workforce (platform). South Carolina Physical Therapy Association Annual Conference. (*delivered virtually due to COVID-19*)
4. **Flach AD**, Gawler T (2020). Collaboration with Colleagues and Community: Parkinson's Disease: Resources.Education.Vitality (PD.R.E.V.) (platform). South Carolina Physical Therapy Association Annual Conference. (*delivered virtually due to COVID-19*)
5. Fourspring J, **Flach AD** (2020). The Biggest Difference between Fallers and Non-Fallers Living with Parkinson's Disease Are Non-Motor Symptoms (poster). American Physical Therapist Association Combined Sections Meeting. Denver, CO. February 2020.
6. DeJoya A, **Flach AD**, Knight H, Perron A, Wolf L (2020). No CPG? Managing the grey areas of neurologic PT practice (educational session). American Physical Therapist Association Combined Sections Meeting. Denver, CO. February 2020.
7. Newland P, Lorenz R, **Flach AD**, Rantz M (2019). Sensors in the homes of people with multiple sclerosis (poster). Council for the Advancement of Nursing Science 2019 Advanced Methods Conference: The Expanding Science of Sensor Technology in Research. Washington D.C, October 2019.
8. Teixeira-Poit, S. M., Plummer, P., Walker, B., Coleman, L., Dalton, P., **Flach, AD.**, Kane, H., Shah, S., Skeen, M., Burkill, E., Gaskins, E., & Trammell, A. (2019). Impact of a Student Outreach Program on Understanding of and interest in MS Patient Care. Multiple Sclerosis Researcher's Forum. Annual National Multiple Sclerosis Society's Carolinas Multiple Sclerosis Researchers Forum. Chapel Hill, NC. August 2019.

9. **Flach AD** (2019). The Biggest Differences between Fallers and Non-fallers Living with Parkinson's disease are Non-motor Symptoms (platform). South Carolina Physical Therapy Association Annual Conference. Greenville, SC. March 2019.
10. Wilson C, **Flach AD** (2018). Self-Reported Physical Activity Levels in Persons with Parkinson's Disease and Their Care Partners with Recent History of Falls and Time Since Diagnosis. Discovery USC. Columbia, SC. April 2018.
11. **Flach AD**, Jaegers, L, Kriger, M, Bixler, E, Kelly, P, Weiss, T, Ahmad, S (2018). Endurance Exercise for Individuals with Parkinson's Disease: A meta-analysis. Peer-reviewed abstract and presentation (poster). American Physical Therapy Association Combined Sections Meeting. New Orleans, LA. February 2018.
12. **Flach AD**, Jaegers, L, Kriger, M, Bixler, E, Kelly, P, Weiss, T, Ahmad, S (2017). Endurance Exercise for Individuals with Parkinson's Disease: A meta-analysis. Peer-reviewed abstract and presentation (poster). Society for Neuroscience. November 2017.
13. Gaston, A, **Flach AD** (2017). Implementation of Knowledge Translation by Physical Therapists to Improve Care of Individuals with Mild Traumatic Brain Injury. Peer-reviewed abstract and presentation (poster), Saint Louis University, Senior Legacy Symposium, St. Louis, MO. April 2017.
14. Hasler, R, **Flach AD**, Jaegers, L, Kriger, M, Bixler, E, Kelly, P, Weiss, T, Ahmad, S (2017). Endurance Exercise for Individuals with Parkinson's Disease: A meta-analysis. Peer-reviewed abstract and presentation (poster), Saint Louis University, Doisy College of Health Sciences, Research Symposium, St. Louis, MO. February 2017.
15. Gaston, A, **Flach AD** (2017). Implementation of Knowledge Translation by Physical Therapists to Improve Care of Individuals with Mild Traumatic Brain Injury. Peer-reviewed abstract and presentation (poster), Saint Louis University, Doisy College of Health Sciences, Research Symposium, St. Louis, MO. February 2017.
16. **Flach AD**, Adusumilli G, Naismith RT, Wagner JM (2015). Instrumented Timed up and Go Identifies Mobility Impairments Related to Fall Risk in Persons with Multiple Sclerosis. Peer-reviewed abstract and presentation (platform presentation), American Physical Therapy Association Combined Sections Meeting, Anaheim, CA, February 19, 2015.
17. **Flach AD**, Adusumilli G, Naismith RT, Wagner JM (2015). Instrumented Timed up and Go Identifies Mobility Impairments Related to Fall Risk in Persons with Multiple Sclerosis. Peer-reviewed abstract and presentation (poster), Saint Louis University Center for Neuroscience, Research Symposium, St. Louis, MO October 2015.
18. **Flach AD**, Adusumilli G, Naismith RT, Wagner JM (2015). Instrumented Timed up and Go Identifies Mobility Impairments Related to Fall Risk in Persons with Multiple Sclerosis. Peer-reviewed abstract and presentation (poster), 5th International Symposium on Gait and Balance in Multiple Sclerosis : Fall Prevention and Detection, Portland, OR, September 25, 2015.
19. **Reed A**, Fritz S, Rivers E, Merlo A, deBode S, Mathern G. The Effects of Intensive Mobility Training on Chronic Gait, Mobility and Balance Disabilities in Children Following Hemispherectomy. Presented at Combined Sections Meeting, Las Vegas, NV. February 2009. Poster Presentation.

Local Invited Presentations

1. **Flach, Alicia**. Falls and People living with Parkinson's Disease. Risk and Interventions. Columbia Parkinson's Support Group. March 2022.
2. **Flach, Alicia** and Phillips, Jay. How to Get Involved in Research. New Frontiers in Research and Care. Parkinson's Foundation of the Carolinas Symposium. October 2021.

3. **Flach, Alicia.** Current Research Opportunities. Columbia Parkinson's Support Group. July 2021.
4. **Flach, Alicia.** Exercise and Physical therapy with MS. Columbia, SC. MS Support Group. October 28, 2019.
5. **Flach, Alicia.** Physical Therapy and MS. Columbia, SC MS Support Group. June 18, 2019.
6. **Flach, Alicia** and Herz, Ben. Thriving with PD. How can OT and PT help? Columbia Parkinson's Support Group Annual Symposium. April 27, 2019.
7. **Flach, Alicia,** Anprasertporn, P. Becky, Gawler, Travis, Sollman, Myriam. Parkinson's Disease. Resources.Education.Vitality (PD.R.E.V.). Development collaborator and Presenter. Jan-Dec 2019 (most months).
8. **Flach, Alicia** and Gawler, Travis. Specialized Physical Therapy for Neurological Conditions. Palmetto Health, Neurology Grand Rounds. Columbia, SC. December 14, 2017.
9. Fadel, James R and **Flach, Alicia.** Functional Human Neuroanatomy Review. University of South Carolina and Midlands Technical College. Columbia, SC. September 25, 2017.
10. **Flach, Alicia.** Central Vestibular System Conditions: Introduction to Assessment and Intervention. BJC Healthcare. St. Louis, MO. May 31, 2017.
11. **Flach, Alicia.** Peripheral Vestibular System Conditions: Introduction to Assessment and Intervention. BJC Healthcare. St. Louis, MO. May 24, 2017.
12. **Flach, Alicia.** Benign Paroxysmal Positional Vertigo- Introduction to Assessment and Intervention. BJC Healthcare. St. Louis, MO. May 17, 2017.
13. **Flach, Alicia.** Vestibular System: Anatomy Review. BJC Healthcare. St. Louis, MO. May 10, 2017.
14. **Flach, Alicia.** Vestibular Rehabilitation: Evaluation and Intervention for Dizziness and Balance. St. Louis, MO. November 2016.
15. **Flach, Alicia.** Rehabilitation Post Concussion: Evaluation, Interventions, and Considerations. St. Louis, MO. October 2016.
16. **Flach, Alicia.** Rehabilitation Post Concussion: Evaluation, Interventions, and Considerations. St. Louis, MO. June 2016.
17. **Flach, Alicia.** Building Therapy into your day: Therapy at home for recovery, strength, activity, and fun. Presented at Brain Injury Association of Missouri Survivor and Family Seminar, St. Charles, MO, October 2015.
18. **Flach, Alicia.** Every Breath You Take: COPD Management Part 1. Presented at Respiratory Health Association Annual COPD conference, Rolling Meadows, IL, November 2013.
19. **Flach, Alicia.** Every Change You Make: COPD Management Part 2. Presented at Respiratory Health Association Annual COPD conference, Rolling Meadows, IL, November 2013.

PROFESSIONAL CLINICAL EXPERIENCE

August 2018- Present

Physical Therapist, Clinical Specialist, Expert Consultant PRN

Physical and Specialty Therapists Neuroscience team,
Prisma Health, Columbia, SC

- Evaluate, developed plans of care for individuals with neurological conditions with focus on Multiple Sclerosis, Amyotrophic Lateral Sclerosis, Movement Disorders.

July 2015- June 2017

Physical Therapist, Clinical Specialist

Saint Louis University Hospital, St. Louis, MO

- Evaluate, developed plans of care for individuals with neurological conditions with focus on Multiple Sclerosis, Amyotrophic Lateral Sclerosis, Movement Disorders.

April 2014- July 2014

Physical Therapist, PRN

Rehabilitation Institute of St. Louis, St. Louis, MO

- Evaluated, developed plans of care, and provided creative and appropriate treatments for patients with multiple diagnoses and functional levels, including patients following amputation, spinal cord injury and stroke.

June 2010-March 2014

Staff Physical Therapist, Outpatient

Rehabilitation Institute of Chicago, Chicago, IL

- Evaluated, developed plans of care, provided creative and appropriate treatments, and order DME for patients with multiple diagnoses and functional levels, including many neurologic and orthopedic diagnoses, in acute inpatient, day rehab, chronic pain, and outpatient settings.
- Participated in structured mentorship to develop skill set in specialty areas of vestibular, pulmonary, and amputee rehabilitation.
- Participated in Expert Evaluations with complete medical and rehabilitation team to provide comprehensive recommendations for complex medical cases.
- Participated in organization wide Locomotor Training team that included bi- weekly meetings, literature review, and presenting information team to develop evidence-based protocol that was anticipated to be implemented throughout all levels of care.
- Participated in peer interviewing process to assist in determining suitability of potential employees.
- Provided mentorship and orientation to new staff hires and student physical therapists.
- Completed advanced competency course work in LVAD, mechanical ventilation, and serial casting.
- Served as clinical Instructor.

January 2009- June 2010

Staff Physical Therapist

Our Lady of the Resurrection Medical Center, Chicago, IL

- Evaluated, developed plans of care, and provided creative and appropriate treatments for patients with multiple diagnoses and functional levels in acute and subacute care settings.

- Participated in peer interviewing process to assist in determining suitability of potential employees.
- Participated in education through community outreach during monthly arthritis support group, high school presentations and hospital wide events for physical therapy month.
- Designed, developed, and distributed quarterly newsletter to rehabilitation and nursing staff.
- Served as clinical instructor.

2007- 2008

Graduate Research Assistant

University of South Carolina Rehabilitation Lab, Columbia, SC

- Participated in body weight supported treadmill training in patients with incomplete spinal cord injury and children status post hemispherectomy.
- Performed data analysis to determine the effects of Intensive Mobility Training on chronic gait, mobility, and balance disabilities in children following hemispherectomy.
- Guided patients with stroke through constraint-induced movement therapy.

2004-2005

Rehabilitation Therapy Technician

Provena Covenant Medical Center, Urbana, IL

PROFESSIONAL ORGANIZATION MEMBERSHIPS

2007- Present	American Physical Therapy Association, Member
2007- Present	Academy of Neurologic Physical Therapy, Member
2018- Present	Academy of Physical Therapy Education, Member
2017- 2019	Consortium for Multiple Sclerosis Centers, Individual Member
2015- 2017	Center for Neuroscience, Saint Louis University
2017- 2018	Society for Neuroscience, Regular Member
2018- 2019	Movement Disorders Society, Member

PROFESSIONAL SERVICE

2021- Present	Federal Advocacy Liaison, South Carolina Physical Therapy Association
2021- Present	Greater Carolinas Chapter, Healthcare Provider Council, National Multiple Sclerosis Society, Chair
2020- 2021	Greater Carolinas Chapter, Workforce Development Committee, National Multiple Sclerosis Society, Chair

2020- 2021	Greater Carolinas Chapter, Healthcare Provider Council, National Multiple Sclerosis Society, Vice-Chair
2020-2021	Parkinson's Foundation, Physical Therapy Faculty Scholar Alumni Group, Chair
2020- Present	Parkinson's Foundation, Carolinas Chapter, Advisory Board Member
2020	Academy of Neurologic Physical Therapy, Movement System Focus Group-Expert Panel of Researchers and Clinicians
2020- Present	Academy of Neurologic Physical Therapy, State Advocacy Liaison
2019- 2020	Science Advisory Board, Davis Phinney Foundation
2018- Present	Global Physical Therapy Day of Service, Ambassador
2021- Present	American Physical Therapy Association, Academy of Neurologic Physical Therapy, Nominating Committee, Chair
2019- 2021	American Physical Therapy Association, Academy of Neurologic Physical Therapy, Nominating Committee, Elected Member
2016- Present	Government Relations Committee, National Multiple Sclerosis Society
2019- 2020	South Carolina Physical Therapy Association, Legislative Committee Member
2018- 2019	American Physical Therapy Association, Academy of Neurologic Physical Therapy, Degenerative Disease Special Interest Group, Nominating Committee, Chair
2016- 2018	American Physical Therapy Association, Academy of Neurologic Physical Therapy, Degenerative Disease Special Interest Group, Nominating Committee, Elected Member
2017- 2019	Academy of Neurologic Physical Therapy, Practice Committee, Nominated Member
2018- 2020	Greater Carolinas Chapter, Healthcare Provider Council, National Multiple Sclerosis Society, Member
2017- 2020	Greater Carolinas Chapter, Workforce Development Committee, National Multiple Sclerosis Society, Member
2016-2017	Healthcare Advisory Board, Gateway Area Chapter, National Multiple Sclerosis Chapter
Adhoc	Manuscript Reviewer <ul style="list-style-type: none"> • Journal of Spinal Cord Medicine- 2015 • Journal of Allied Health- 2016 • Rehabilitation Oncology-2021 • Frontiers in Public Health- 2021
Adhoc	National Multiple Sclerosis Society, Partners in MS Care Reviewer

UNIVERSITY SERVICE

University of South Carolina, Columbia, SC

College

2019- Present Arnold School of Public Health, Curriculum Committee, Member

Fall 2019 Arnold School of Public Health, Promotion Committee, Adhoc

Spring 2020 Arnold School of Public Health, Award Review Committee

Department

2020- Present Physical Therapy Program COVID-19 Taskforce, Chair

2017-Present Physical Therapy Program, Service Committee, Chair

2017-Present Physical Therapy Program, Admissions Committee, Member

2021-Present Physical Therapy Program, Admissions Process Review Committee, Member

2020-Present Physical Therapy Program, Student Success and Progressions Committee,
Member

2017-2020 Physical Therapy Program, Curriculum Committee, Member

Fall 2019 Department of Exercise Science, Clinical Faculty Search Committee

Saint Louis University, St. Louis, MO

College

2015-2017 Doisy College of Health Sciences, Academic Grievance Committee, Member

2015-2017 Faculty Council, Elected Member at Large, Department of Physical Therapy and
Athletic Training, By-Laws Committee Member (2017)

Department

2014-2017 Program in Physical Therapy, Curriculum Committee, Member

HONORS AND AWARDS

2021 Finalist, James A. Keith Excellence in Teaching Award, Arnold School of Public Health,
University of South Carolina

2020 Healthcare Provider of the Year (Regional), National Multiple Sclerosis Society, Greater
Carolinas Chapter

2020 Nominated for Excellence in Neurologic Education Award (National), Academy of Neurologic
Physical Therapy

2019 Partner in MS Care Distinction (National), National Multiple Sclerosis Society

2018 Nominated for Gerry Sue Arnold Alumni Award, Arnold School of Public Health

2017 Physical Therapy Faculty Scholar at the Parkinson's Foundation (National)

2017 Volunteer of the Year Award (National) Academy of Neurologic Physical Therapy, Degenerative Disease Special Interest Group

FACULTY DEVELOPMENT ACTIVITIES

- APTA, Academy of Neurologic Physical Therapy, Virtual Conference, October 2021
- APTA, Combined Sections Meeting, Virtual Conference, February 2021
- APTA, Combined Sections Meeting, Denver, CO, February 2020
- APTA, Combined Sections Meeting, Washington D.C, January 2019
 - Writing, reviewing, and revision 101: Practical Tips from Authors and Editors
 - Optimizing Variability for Treatment
 - LAMP Catalyst “TED-Style Talks: Physical Therapy Frontline Leadership Lessons”
 - Utilization of Knowledge Translation in Neurologic Physical Therapy Practice
 - Academy of Physical Therapy Education Platform Presentations
- APTA, Combined Sections Meeting, New Orleans, LA, February 2018
 - NCS Breakfast: Move Forward and Say Yes: Utilizing Your Strengths to Build a Successful Career
 - Dual-Task Gait Training: If, Who, When, and How?
 - Academy of Neurologic Physical Therapy Section Platform session I- Parkinson’s Disease and Balance Disorders
 - Applying the Movement System to Neurodegenerative Diseases
- Unified Parkinson’s Disease Rating Scale Training, Movement Disorders Society, January 2018
- Best Practices in Cardiopulmonary Physical Therapy, Buies Creek, NC. November 2017.
- Physical Therapy Faculty Program, Parkinson’s Foundation, July 2017.
- APTA, The Academy of Neurologic Physical Therapy Knowledge Translation Summit: Training to Disseminate and Implement Evidence to Improve Clinical Practice, February 14-15, 2017
- APTA, Combined Sections Meeting, San Antonio, TX-February 2017
 - Stilettos, Spit-Up & Success: Mothers in Leadership in the PT Profession
 - Human Movement: The Basis for Development of Clinical Reasoning Skills
 - Navigating the Connections Between Research and Clinical Practice
 - Academy of Neurologic Physical Therapy Platform Session 2
 - Cognitive Impairment in PD: Understanding and Unlocking Freezing of Gait
 - PTs as Human Movement System Experts: Transforming DPT Curriculum
- Lee Silverman Voice Training BIG re-certification, online course, February 2017
- IV STEP, Prevention, Prediction, Plasticity, and Participation, Columbus, OH, July 2016
 - Movement System Diagnosis and Prediction
 - Prediction of Outcomes using Movement System Diagnoses
 - Video Based Case Presentations- Adult TBI, CVA, SCI, MS, PD, CNS Neoplasms
 - Genetics and Epigenetics; Prediction and Plasticity
 - Regenerative Rehabilitation; Plasticity
 - Telehealth Practice for Prevention, Plasticity, Participation
 - Primary Health Promotion Practices for Prevention
 - Secondary Health Promotion Practices for Prevention
 - Dosage and Timing for Plasticity and Participation
 - Technology Use for Plasticity and Participation

- Interprofessional Practice for Participation
- Research Design Options for Individual and Complex Interventions and Participation Outcomes
- Knowledge Translation: Your Role as an Attendee
- ImPACT Webinar, The Physical Therapist's Role in Concussion Management, May 2016
- APTA, Combined Sections Meeting, Anaheim, CA-February 2016
 - NCS Breakfast: What the World Needs Now Are Practice Leaders
 - Anne Shumway-Cook Lectureship: Can We Change What We Do to Help Those Who Don't Get Better
 - Neurology Section Platform Presentations I: Stroke Rehabilitation and Recovery
 - Dual-Task Interference: Definition, Measurement, and Intervention
 - Neurology Section Platform Presentations II: Degenerative Diseases
 - Neurology Section Platform Presentations III: Older Adult and Vestibular Assessments
- Overview of Huntington's Disease, Webinar, APTA/HDSA, December 2015
- Saint Louis University, Center for Neuroscience, 1st Annual Research Symposium, October 2015
- 5th International Symposium on Gait and Balance in Multiple Sclerosis: Fall Detection and Prevention, Portland, OR, September 2015
 - Falls in people with MS: Who, what and why
 - Fall risk factors in MS- The Individual: somatosensory, cognitive, vestibular, motor (body,structure, function)
 - Fall risk in MS: Environmental, activity-related, and behavioral influences
 - Fall Measurement
 - Low Tech- Questionnaires, diaries, and clinical risk assessment tools
 - High Tech- Automatic fall detection and in home monitoring
 - Fall Prevention: Multifactorial Interventions including balance training
 - International Multiple Sclerosis Fall Prevention Research Network
 - Free From Falls: A National MS Society Comprehensive Fall Prevention Program
- Consortium of Multiple Sclerosis Centers, Annual Meeting, Indianapolis, IN, May 2015
 - Clinical Neuroanatomy of the Brain
 - Epigenetic Factors in the Gut Microbiome
 - Multiple Sclerosis Care: An Interdisciplinary Approach
 - Model of Care- Mellen Center at Cleveland Clinic
 - Model of Care-Sheperd Center
 - Current Topics and Trends in MS Rehabilitation
 - Highlights from the 4th International Symposium on Gait and Balance: The role of cognition
 - Nutrition and the Immune System: Are we missing something?
 - Preventing Falls: An International Approach
 - Fall Risk Factors Among People with MS
 - Interventions for Reducing Falls Among People with MS
 - Application to Current Clinical Practice
 - Effects of Maximal Strength Training on Gait and Balance in Persons with Multiple Sclerosis: A Pilot Study
 - Impact of a Home-Based Exercise Intervention on Fitness and Walking Outcomes in Persons with Multiple Sclerosis: Preliminary Results
 - Utilizing Technology to Improve Patient Adherence and Professional Patient Monitoring for at-Home Exercise Programs in Patients with Multiple Sclerosis
 - Mentally Simulated Motor Actions in Neurorehabilitation. a Pilot Study in Multiple Sclerosis

- Exploration of Timed up and Go Scores with and without a Cognitive Challenge in People with MS and a Healthy Reference Group
- Writing for Publication
- Manuscript Preparation
- Manuscript Submission and the Peer Review
- The Editorial Production Process After Manuscript Acceptance
- Ethical and Responsible Publishing
- Annual Faculty Workshop: Learning in an Age of Distraction: Listening and Questioning Strategies to Promote Critical Thinking, St. Louis, MO, May 2015
- Specialist Certification Examination Item Writing: An Overview, March 2015
- Lee Silverman Voice Training BIG certification, online course, December 2014
- Faculty Development Workshop, Dallas, TX- 2014
- McKenzie Institute, Course A, Chicago, IL- 2014
- APTA Combined Sections Meeting, Las Vegas, NV- 2014
 - Neurology Platform Presentations 1: Gait and Balance
 - Maximizing Gait Efficiency
 - Evaluating and Treating Patients with Vestibular Syndromes in Acute Settings
 - The Fundamentals of Lower Extremity Amputee Rehab
 - Neuromuscular Electrical Stimulation: Improving Tolerance and Maximizing Strength Gains
 - I Want to Start Teaching in the Classroom, Part 1
- Explain Pain, NOI Institute, Chicago, IL- 2014
- Behavior Modification Strategies related to Traumatic Brain Injury, Chicago, IL- 2013
- Serial and Inhibitory Casting of the Lower Extremity, Chicago, IL- 2011
- Helping People Change, Chicago, IL-2009
- Musculoskeletal Considerations of the Aging Population, Chicago, IL- 2009
- APTA, PT CPI course- 2009
- APTA Clinical Instructor Credentialing Program, Minnesota- 2009
- Management of Knee Osteoarthritis, Chicago, IL- 2009