

Lynne Patterson Sturgill, PT, DPT, MHS, OCS

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Employment

CLINICAL ASSISTANT PROFESSOR (August 2019 – present)
VISITING FACULTY (August 2018- August 2019)
Widener University
Institute for Physical Therapy Education
Chester, PA

FACULTY, (2016 – 2018)
Pennsylvania Institute of Technology
Physical Therapist Assistant Program
Media, PA

PHYSICAL THERAPIST, (2017 – present)
Performance Physical Therapy
Wilmington, DE

EXPERT WITNESS/PHYSICAL THERAPIST, (2020 – present)
Experts in Medicine, LLC
Chagrin Falls, OH

PHYSICAL THERAPIST, (2013 – 2015)
ATI Physical Therapy
Wilmington, DE

PHYSICAL THERAPIST, ADJUNCT FACULTY (1997 – 2012)
University of Delaware
Sports and Orthopedic Physical Therapy Clinic
Doctorate of Physical Therapy Program
Newark, DE

PHYSICAL THERAPIST, (1993-1996)
Institute for Athletic Medicine
Minneapolis, MN

PHYSICAL THERAPIST (1991-1993)
Fitzgerald Mercy Hospital Outpatient Physical Therapy Clinic
Darby, PA

PHYSICAL THERAPIST (1987-1991)
Delaware Sportscare Physical Therapy, Inc.
Newark, DE

Education

DOCTORATE OF PHYSICAL THERAPY, 2007
WIDENER UNIVERSITY
CHESTER, PA

MASTER OF HEALTH SCIENCE, 1992
UNIVERSITY OF INDIANAPOLIS
INDIANAPOLIS, IN

BACHELOR OF SCIENCE IN ARTS AND SCIENCE
CERTIFICATE OF PROFICIENCY IN PHYSICAL THERAPY, 1987
UNIVERSITY OF DELAWARE
NEWARK, DE

Certifications

- Board Certified Clinical Specialist in Orthopaedic Physical Therapy (OCS), American Board of Physical Therapy Specialists (1996-present)
- Vestibular Rehabilitation, American Balance Institute (August 2019)
- Dry Needling, Level 1, Kinetacore (2013)
- HawkGrips IASTM Practitioner, Level I (2019)
- APTA Credentialed Clinical Instructor (2007)
- APTA Advanced Credentialed Clinical Instructor (2017)
- American Red Cross Emergency First Responder

Awards

- University of Delaware Physical Therapy Catherine Kohlenstein Clinical Educator's Award (2007)

Academic Experience

- Instructor for PT 770 Grand Rounds, Doctorate of Physical Therapy Program, Widener University, Chester, PA (Fall 2018-present)
- Instructor for PT 840 Lifestyle and Disability, Doctorate of Physical Therapy Program, Widener University, Chester, PA (Fall 2018-present)
- Instructor for PT 736 Musculoskeletal III (Spine), Doctorate of Physical Therapy Program , Widener University, Chester, PA (Fall 2018-present)
- Instructor for PT 880 Client Management V, Doctorate of Physical Therapy Program, Widener University, Chester, PA (Fall 2019-present)
- Instructor for PT 805 Electrotherapeutics, Doctorate of Physical Therapy Program, Widener University, Chester, PA (Spring 2020-present))
- Lab Instructor for PT 732 Musculoskeletal II (Extremities), Doctorate of Physical Therapy Program, Widener University, Chester, PA (Summer 2019, 2020)
- Lab Instructor for PT 732 Multisystem Examination, Evaluation and Diagnosis, Doctorate of Physical Therapy Program, Widener University, Chester, PA (Spring 2019, 2020,2021)
- Course Coordinator for PT 729 Cardiopulmonary and Integumentary Systems, Doctorate of Physical Therapy Program, Widener University, Chester, PA (Fall 2019)
- Lab Instructor for Kinesiology, Doctorate of Physical Therapy Program , Widener University, Chester PA (Fall 2018)
- Instructor for "Orthopedic and Neurological Rehabilitations" Physical Therapist Assistant Program, Pennsylvania Institute of Technology, Media, PA (2016-2018)
- Instructor for "Therapeutic Modalities" Physical Therapist Assistant Program, Pennsylvania Institute of Technology, Media, PA (2016-2018)
- Instructor for "Kinesiology" Physical Therapist Assistant Program, Pennsylvania Institute of Technology, Media, PA (2016-2018)
- Course Coordinator for Introduction to Physical Therapy" Physical Therapist Assistant Program, Pennsylvania Institute of Technology, Media, PA (2016)
- Instructor for "Introduction to Physical Therapy Evaluation" Doctorate of Physical Therapy Program, University of Delaware, Newark, DE (2006-2012)
- Instructor for "Thermal Agents and Soft Tissue Techniques" Doctorate of Physical Therapy Program, University of Delaware, Newark, DE (2009-2012)
- Co-Coordinator for "Rounds", Doctorate of Physical Therapy Program, University of

- Delaware, Newark, DE (2010-2012)
- Presenter for "Rounds", Doctorate of Physical Therapy Program, University of Delaware, Newark, DE (March 2010, July 2011, October 2012)
- Laboratory Instructor for "Electrotherapy" Doctorate of Physical Therapy Program, University of Delaware, Newark, DE (2008-2012)
- Instructor for "Evaluation and Treatment of the Foot and Ankle" in Musculoskeletal Evaluation and Treatment PT 608. Master and Doctorate of Physical Therapy Programs, University of Delaware, Newark, DE (1999-2012)
- Laboratory instructor and lecturer for "Spine Management II." Doctorate of Physical Therapy Program, University of Delaware, Newark, DE (2005-2012)
- Instructor for "Evaluation and Treatment of the Hip" in Musculoskeletal Evaluation and Treatment PT 608. Doctorate of Physical Therapy Program, University of Delaware, Newark, DE (2010)
- Instructor for "Evaluation and Treatment of the Elbow" in Musculoskeletal Evaluation and Treatment PT 608. Master and Doctorate of Physical Therapy Program (2002, 2006-2011)
- Instructor for "Shoes, Shoe Modifications and Foot Orthotics" in Patient Management II PT 506. Master of Physical Therapy Program, University of Delaware, Newark, DE (1998, 1999)
- Teaching assistant for "Clinical Electrotherapy." Master of Physical Therapy Program, College of St Catherine, Minneapolis, MN (1993, 1995)
- Teaching assistant for "Kinesiology." Master of Physical Therapy Program, College of St Catherine, Minneapolis, MN (1993)
- Instructor for "Introduction to Physical Therapy Evaluation." Master of Physical Therapy Program, College of St Catherine, Minneapolis, MN (1995)
- Teaching assistant for "Introduction to Physical Therapy Evaluation." Master of Physical Therapy Program, University of Delaware (1992)
- Teaching assistant for "Electrophysiological Treatment and Evaluation." Master of Physical Therapy Program, University of Delaware, Newark, DE (1993)

Publications

- **Sturgill L**, Snyder-Mackler L, Axe, MJ, Manal T: Reliability of a Clinical Scale to Assess Knee Joint Effusion. JOSPT. December 2009.
- Manal TJ, **Sturgill L**. Current Concepts of Orthopedic Physical Therapy: The Knee. Current Concepts of Orthopedic Physical Therapy APTA Home Study Course (2006).

Presentations

- **Sturgill L**, Campbell S, Dholakia K, Wellmon R. Transitioning to the Practice Exam and Assessment Tool (PEAT) As a Comprehensive Examination: Lessons Learned, Platform Presentation, CSM (2021)
- **Sturgill L**. Use of Neural Mobilization to Relieve Ulnar Nerve Symptoms in a Capoeira Participant, ACSM (2010)
- **Sturgill L**. "The Use of High Intensity NMES to Resolve Medial Calf Pain in a Collegiate Ice Skater", Platform Presentation, CSM (2009)
- **Sturgill L**, Manal, T, Snyder-Mackler, L, Axe, M. "Inter-rater Reliability of a Clinical Scale to Measure Knee Joint Effusion", Platform Presentation, CSM (2008)
- **Sturgill L**. "Use of High Intensity Electrical Stimulation to Restore Quadriceps Strength Following L4 Nerve Root Compression", Platform Presentation, CSM (2007)
- **Sturgill, L**, Manal, T "Low Frequency Motor Electrical Stimulation for Trigger Point Management of Persistent Post-operative Shoulder and Arm Pain", Invited speaker, CSM (2006)
- **Sturgill, L** "Use of Electrical Stimulation to Restore Quadriceps Strength After Total Knee Arthroplasty", Invited speaker, CSM (2005)
- "Putting People First." Presentation to the Federal Department of Agriculture for

- Disabilities Awareness Month (2004)
- "McConnell Patellofemoral Evaluation and Taping Techniques for University of Delaware Physical Therapy Clinic Video Library (2000)
- Lab instructor for "Evaluation of the TMJ." Short course at the APTA Scientific Meeting, Minneapolis, MN (1996)
- Instructor for "Selected Evaluation and Treatment techniques for the Ankle/Foot" sponsored by the Institute for Athletic Medicine (1996)
- Speaker for Riverside Family Practice Sports Medicine Residency Program. "Physical Therapy Evaluation and Treatment of the Knee and Ankle." (1996)
- Lab instructor for "Shoulder Taping." Institute for Athletic Medicine Continuing Education Programs (1995)

Community Service

- Clinical Instructor, Chester Community PT Clinic/Widener University (2016-present)
- Lector, St Mary Magdalen Church (2008 - 2018)
- Volunteer Faithful Friends Animal Society (2009-present)
- Newark Community Days. Staffed UD PT Clinic booth (1998-2011)
- Girl Scout Leader (2002- 2013)
- Panel member "The Magic of Motion" Girl Scout Patch Program (January 2013)
- St Mary Magdalen School Career Day (2003, 2006)
- Charter School of Wilmington Science Fair Judge (2012, 2014)

Professional Affiliations and Service

- PTA Program Advisory Committee, Pennsylvania Institute of Technology (2019-present)
- NPTE Item Writer Workshop (May 2018)
- NPTE-PT Standards Setting Task Force (July 2017)
- American Physical Therapy Association (1987-present)
- Chief Delegate, Delaware Physical Therapy Association (2017 – present)
- Delegate, Delaware Physical Therapy Association (2015-2017)
- Chair, Nominating Committee, Delaware Physical Therapy Association (2015-2018)
- Secretary, Delaware Physical Therapy Association (2009-2015)
- Membership Chair, Delaware Physical Therapy Association (2004-2008)
- Advisor, Student SIG, Delaware Physical Therapy Association (2010 – 2012)
- ABPTS Item writer (2006- 2008)
- Reviewer, Abstracts for CSM 2022, Academy of Clinical Electrophysiology & Wound Management