

CURRICULUM VITAE

KERSTIN M. PALOMBARO, PT, PhD, CAPS

Institute for Physical Therapy Education
Widener University
One University Place
Chester, PA 19013
610.499.4270
kpalombaro@widener.edu

EDUCATION:

Temple University, Philadelphia, PA Doctorate of Philosophy in Physical Therapy Dissertation: 'Are There Differences in Physical Performance Measures in Early Post-menopausal Women with and without Low Bone Mineral Density?'	2003-2008
Defense: August 23, 2007	

Columbia University, New York, NY Master of Science in Physical Therapy Thesis: 'Modification of the Unified Parkinson's Disease Rating Scale: Assessment of Reliability and Validity'	1994-1996
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Saint Joseph's University, Philadelphia, PA Bachelor of Science in Psychology Honors: Magna Cum Laude Psi Chi Honors Society Alpha Sigma Nu Honors Society	1990-1994
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LICENSURE

Physical Therapy License:
Pennsylvania PT-009956-L
Pennsylvania DAPT004693

CERTIFICATIONS:

Certification in Principles of Chronic Pain Rehabilitation	2020
BoneFit Certified	2019
ACT in Motion Certified	2019
Functional Nutrition for Chronic Pain Certified	2019
Certified Aging in Place Specialist	2011
Certified Hatha Yoga Instructor 1000 Hour Teacher Training Course	2000

EMPLOYMENT:

Teaching and Physical Therapy Positions

Widener University, Chester, PA

Associate Professor with Tenure, Institute for Physical Therapy Education	July 2015-present
Assistant Professor, Institute for Physical Therapy Education	2010-June 2015
Community Engagement Coordinator, Institute for Physical Therapy Education	2007-present
Adjunct lecturer, Center for Human Sexuality Education	2012-present
Adjunct lecturer, Institute for Physical Therapy Education	2005-2007

Arcadia University, Glenside, PA

Associated Faculty, Department of Physical Therapy	2004-present
Associated Faculty, Department of Health Education	2006-2007
Community Health Promotion Project Coordinator, Department of Physical Therapy	2006-2007
Curriculum Director, Department of Physical Therapy	2005-2006
Acting Admissions Director, Department of Physical Therapy	2004-2005
	2003-2006
Research Associate, Department of Physical Therapy	2003-2004
Laboratory Instructor, Department of Physical Therapy	2000-2003
Research Assistant, Department of Physical Therapy	2000-2003

St. Patrick's Clinic

Norristown, PA	2017-present
Volunteer Physical Therapist	

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**Jeanes Hospital (Temple University Health System),
Philadelphia, PA**

Per Diem Home Health Physical Therapist	1998-2010
Staff Physical Therapist, Inpatient/Outpatient Department	1996-1998

Other Related Employment

Yoga Instructor

Chester Community Physical Therapy Clinic	2015-present
Chester YWCA	2011-2014
St. Paul's Episcopal Church	2011

Aging in Place Consultant

County Office of Services to the Aging (COSA), Delaware County	2011-2019
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Moss Rehabilitation Wellness Center, Jenkintown, PA
Hatha Yoga Instructor

2001-2003

Temple University Recreation Center, Philadelphia, PA
Hatha Yoga Instructor

2001-2002

Jeanes Hospital, Philadelphia, PA
Prenatal Aerobics Instructor

1998-1999

PEER REVIEWED PUBLICATIONS

Carp S, **Palombaro KM**, Hack LM, Freund J, Hines K, Warmkessel W. Pro Bono Physical Therapy Services Provided to Undocumented Immigrants: A Complex Picture. Submitted to *Journal of Religion and Health*, in review.

Palombaro KM, Faiq DJ, Trivinia BA, Chancler, CE. Creating a transitional exercise group for patients of a student-run pro bono clinic: A case report. Submitted to *Journal of Allied Health Science and Practice*, in review.

Black JD, Crandall C, **Palombaro KM**, Dole RL. The Prevalence and Characteristics of Physical Therapy Pro Bono Services Involving Physical Therapist Students. *Internet Journal of Allied Health Sciences and Practice*. 2020;18:13.

Palombaro KM, Black JD, McArdle KD, Erdman EA, Stewart AR. High Civic-mindedness Reduces Compassion Fatigue in the First 3 Years of Professional Physical Therapist Practice: A Pilot Study. Epub ahead of print 11/26/19. *Journal of Patient Experience*. doi: 10.1177/2374373519891346

Palombaro KM, Black JD, Dole RL, Jones SA, Stewart AR. Civic-mindedness Sustains Empathy in a Cohort of Physical Therapy Students: A Pilot Study. *Journal of Patient Experience*. 2019;7:185-192.

Willgens AM, **Palombaro KM**. A Mindfulness Workshop for Health Science Graduate Students: Preliminary Evidence for Lasting Impact on Clinical Performance. *Journal of Physical Therapy Education*. 2019;33:144-151.

McAllister LS, **Palombaro KM**. Modified 30-second Sit-to-Stand Test: Reliability and Validity in Older Adults with Comorbidities. *Journal of Geriatric Physical Therapy*. 2020;43:153-158. doi: 10.1519/JPT.0000000000000227

Palombaro KM, Black JD, Dole RD, Burns HA, Jones SA, Stewart AR. Civic-mindedness Development throughout a Physical Therapy Curriculum. *Journal of Community Engagement in Higher Education*. 2018;10:3-16.

Palombaro KM, Pierce SR, Dole RL. A Needs Assessment and Program Evaluation of a Physical Therapy Service-Learning Program in China. *Journal of Community Engagement in Higher Education*. 2017;9:18-28.

Pierce SR, **Palombaro KM**, Black JD. Bicycle Helmet Use in Children. In: Duncan LT, ed. *Advances in Health and Disease*, vol. 2. Hauppauge, NY: Nova Science Publishers, Inc; 2017.

Palombaro KM, Black JD, Dole RL, Pierce J, Sabara E, Santiago M. Assessing the Development of Civic Mindedness in a Cohort of Physical Therapy Students. *Journal of the Scholarship of Teaching and Learning*. 2017;17(4):31-43.

Black JD, Bauer K, Spano G, Voelkel S, **Palombaro KM**. Grand Rounds: A Method for Improving Student Learning and Client Care Continuity in a Student-Run Physical Therapy Pro Bono Clinic. *Journal of the Scholarship of Teaching and Learning*. 2017;17:68-88. doi: 10.14434/josotl.v17i3.21158

Porretta D, Black JD, **Palombaro KM**, Erdman EA. An Investigation of the Influence that Service in a Pro Bono Clinic has on a First Full-Time Clinical Education Experience. *Internet Journal of Allied Health Sciences and Practice*. 2017;15: ISSN 1540-580X.

Pierce SR, **Palombaro KM**, Black JB. Implementation of a Bicycle Helmet Program for Children in an Urban Environment: A Qualitative Study. *SAGE Research Methods Cases – Health*. 2017; <http://dx.doi.org/10.4135/9781526405326>

Pierce SR, **Palombaro KM**, Black JB. “Brain safety fair.” Compendium for Teaching Professional Level Physical Therapy Neurologic Content of the Neurology Section, APTA, available at: <http://www.neuropt.org/education/compendium/comp-docu>

Fike DS, Denton JM, Esparza S, **Palombaro KM**. Calculation of Minimal Detectable Change of Construct Sub-scales of a Cultural Competence Instrument. *Journal of Physical Therapy*

Education. 2016;30:25-30.

Black JD, **Palombaro KM**, Dole RL. Measuring the Development of Cultural Competence in Physical Therapist Students. *Journal of the Scholarship of Teaching and Learning*. 2014;15:82-96.

Black JD, Green D, McKenna C, Squadrito J, Taylor S, **Palombaro KM**. Therapists' Perspectives and Interventions in the Management of Axillary Web Syndrome: An Exploratory Study. *Rehabilitation Oncology*. 2014; 32(4):17-22.

Kietrys DM, **Palombaro KM**, Mannheimer JS. Dry Needling for Management of Pain in the Upper Quarter and Craniofacial Region. *Current Pain and Headache Reports*. 2014;18:437.

Pierce SR, **Palombaro KM**, Black JD. Barriers to Bicycle Helmet Use in Young Children in an Urban Elementary School. *Health Promotion Practice*. 2014;15:406.

Palombaro KM, Campbell SC, Black JD. Geriatric Screening as an Educational Tool: A Case Report. *Journal of Physical Therapy Education*, 2014;28:54-59.

Kietrys DM, **Palombaro KM**, Azzaretto E, Hubler R, Schluskel JM, Tucker M. Effectiveness of Dry Needling for Upper-Quarter Myofascial Pain: A Systematic Review and Meta-analysis. *Journal of Orthopedic and Sports Physical Therapy*. 2013; 43:620-634.

Palombaro KM, Black JD, Buchbinder R, Jette DU. Effectiveness of Exercise for Managing Osteoporosis in Women Postmenopause. *Physical Therapy*. 2013;93:1021-5.

Black JD, **Palombaro, KM**, Dole RL. Student Experiences in Creating and Launching a Pro Bono Clinic: A Qualitative Investigation. *Physical Therapy*. 2013;93:637-48.

Schmidt, MV, **Palombaro KM**. Physical Therapy for the Antepartum Hospitalized Patient with Ehlers-Danlos Syndrome: A Case Report. *Journal of Women's Health Physical Therapy*. 2013;37:70-6.

Lefebvre K, Cody C, Mason J, Jayne E, Monaghan R, **Palombaro KM**. Facilitators, Barriers, and Professional Issues Surrounding the Use of the Ankle Brachial Index in Outpatient Physical Therapy Practice. *Journal of Cardiopulmonary Physical Therapy*. 2013;24:7-13.

Wahlgren A, **Palombaro KM**. Evidence-based Physical Therapy for BPPV Using the International Classification of Functioning, Health and Disability: A Case Report. *Journal of Geriatric Physical Therapy*. 2012;35:200-205.

Palombaro KM, Lattanzi JB. Calculating the Minimal Detectable Change and the Minimal Clinically Important Difference for a Cultural Competency Tool. *Physical Therapy Journal of Policy, Administration, and Leadership*. 2012;12:J1-J7.

Gulick DT, **Palombaro KM**, Lattanzi JB. Effect of Ischemic Pressure Using a Backnobber II Device on Discomfort Associated with Myofascial Trigger Points. *Journal of Bodywork and Movement Therapy*. 2011;15:319-325.

Palombaro KM, Dole RL, Lattanzi JB. A Case Report of a Student-Led Pro Bono Clinic: A Proposed Model for Meeting Student and Community Needs in a Sustainable Manner. *Physical Therapy*. 2011;91:1627-35.

Lattanzi JB, Campbell SL, Dole RL, **Palombaro KM**. Students Mentoring Students in a Service-learning Clinical Supervision Experience: An Educational Case Report. *Physical Therapy*. 2011;91:1513-24.

Mangione KK, Craik RL, **Palombaro KM**, Tomlinson SS, Hofmann M. Effect of Home-Based Leg Strengthening Exercise Six Months after Hip Fracture: A Randomized Controlled Study. *Journal of the American Geriatrics Society*. 2010; 58:1911-1917.

Lefebvre K, Anderson T, Herbertson K, Keirse A, Wnorowski H, **Palombaro KM**. The Use of Health Related Quality of Life Objective Measurement in Cardiovascular and Pulmonary Physical Therapy Practice: An Exploratory Study. *Cardiopulmonary Physical Therapy*. 2010;21:5-13.

Palombaro KM, Lattanzi JB, Dole RL. Creating Sustainable Community Engagement Initiatives in a Graduate Physical Therapy Program. *Metropolitan Universities*. 2010; May: 61-75.

Palombaro KM, Hack LM, Mangione KK, Barr AE, Newton RA, Magri F, Speziale T. Gait Variability Detects Women in Early Postmenopause with Low Bone Mineral Density. *Physical Therapy*. 2009;89:1315-1326

Palombaro KM, Hack LM, Mangione KK, Barr AE, Newton RA. Osteopenia and Sarcopenia: Factors Related to Physical Frailty in Women. *Journal of Women's Health Physical Therapy*. 2008;32:13-17.

Mangione KK, Lopopolo RB, Neff NP, Craik RL, **Palombaro KM**. Interventions Used by Physical Therapists in Home Care for People after Hip Fracture. *Physical Therapy*. 2008;88:199-210.

Palombaro KM, Craik RL, Mangione KK, Tomlinson JD. Determining Meaningful Changes in Gait speed after Hip Fracture. *Physical Therapy*. 2006;86:809-16.

Palombaro KM. Effects of Walking-Only Intervention on Bone Mineral Density at Various Skeletal Sites: A Meta-Analysis. *Journal of Geriatric Physical Therapy*. 2005;28:102-7.

Mangione KK, Craik RL, Tomlinson SS, **Palombaro KM**. Can Elderly Patients Who Have Had a Hip Fracture Perform Moderate to High Intensity Exercise at Home? *Physical Therapy*. 2005;85:727-39.

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Mangione KK, **Palombaro KM**. Case Report: Exercise Prescription for a Patient 3 Months after Hip Fracture. *Physical Therapy*. 2005;85:676-87.

PEER REVIEWED PRESENTATIONS:

Carp S, **Palombaro KM**. Pro Bono Physical Therapy Services Provided to Undocumented Immigrants as a Service-Learning Experience: A Complex Picture.
Poster presentation for 2019 APTA Combined Sections Meeting, Washington, D.C.

Crandall C, Black JD, Dole RL, **Palombaro, KM**. Filling the Gap! Pro Bono Care with Student Physical Therapists: A Pilot Study.
Poster presentation for 2018 APTA Combined Sections Meeting, New Orleans, LA.

Dole RL, **Palombaro KM**, Black JD. Assessing the Development of Civic Mindedness in a Cohort of Physical Therapy Students.
Poster presentation for 2017 APTA Combined Sections Meeting, San Antonio, TX

Black JD, Dole RL, **Palombaro KM**, Erdman EA, Alfieri C, Porretta D, Golder T. Physical Therapy Pro Bono Services: Not Just Free Therapy.
Education Session for 2017 APTA Combined Sections Meeting, San Antonio, TX

Pierce SR, **Palombaro KM**, Seip D, Castor J. The Development of a Physical Therapy Staff Training Program in China. Widener University High Intensity Practices Fair; Widener University; Feb, 2016; Chester, PA.

Bookser-Feister C, **Palombaro KM**. Patients Living in Poverty: Physical Therapy Considerations.
Education Session, 2016 APTA Combined Sections Meeting, Anaheim, CA.

McArdle KD, **Palombaro KM**, Brolly MP, Joshi R. The Impact of Staff Education on Improving Osteoporosis Knowledge Base and Clinical Practice Patterns in Physical and Occupational Therapists.
Poster Session, 2015 APTA Combined Sections Meeting, Indianapolis, IN.

Pierce SR, Black JB, **Palombaro KM**. Barriers to Bicycle Helmet Use in Young Children in an Urban Elementary School. Platform Presentation, 2014 APTA Combined Sections Meeting, Las Vegas, NV.

Black JB, **Palombaro KM**, English L. Student-Run Pro Bono Clinics: Fostering Leadership Skills and Social Responsibility
Education Session, 2014 APTA Combined Sections Meeting, Las Vegas, NV.

Lefebvre K, Trombetta A, Thomas D, Conahan K, Royer C, Ohlhaver J, **Palombaro KM**. The effects of guarding on the six minute walk test.
Poster Presentation, 2013 American Thoracic Society Meeting, Philadelphia, PA.

Lattanzi JB, **Palombaro KM**, Euype S, Wenger S, English L, Kloos A. Five clinic models for pro bono service.

Education Session, 2012 APTA Combined Sections Meeting, Chicago, IL.

Lefebvre K, Cody C, Mason J, Jayne E, Monaghan R, **Palombaro KM**. Facilitators, barriers, and professional issues surrounding the use of the ankle brachial index in outpatient physical therapy practice.

Platform Presentation, 2012 APTA Combined Sections Meeting, Chicago, IL.

Lattanzi JB, **Palombaro KM**, Herting J, Greenfield R, Cheyney S, Conaghan K. The creation and launch of a sustainable student-led pro bono physical therapy clinic.

Poster Presentation, 2011 PPTA Annual Conference, Valley Forge, PA.

Davidson L, Higgins M, Melfe E, Cafaro J, **Palombaro KM**. Needs assessment for an after-school program.

Poster Presentation, 2011 PPTA Annual Conference, Valley Forge, PA.

Pierce SR, **Palombaro KM**. Integration of a service-learning project with a non-profit organization through a physical therapy curriculum.

Platform Presentation, 2011 APTA Combined Sections Meeting, New Orleans, LA.

Lattanzi JB, **Palombaro KM**, Dole RL. The creation, launch, and growth of a student-led pro-bono physical therapy clinic: Fostering leadership skills and core values while meeting community needs in a sustainable manner.

Educational Session, 2011 APTA Combined Sections Meeting, New Orleans, LA.

Lattanzi JB, **Palombaro KM**, Dole RD. Community engagement Initiatives in a physical therapy program.

Panel Presentation, 2009 CUMU Conference, Philadelphia, PA.

Miller A, Tomlinson SS, **Palombaro KM**. Assessing core values utilizing the SEGUE Framework within a standardized patient experience.

Platform presentation, 2008 APTA Combined Sections Meeting, Nashville, TN

Palombaro KM, Hack LM, Mangione KK, Barr AE, Newton RA. Are there differences in physical performance measures between early post-menopausal women with and without low bone mineral density?

Poster presentation, 2007 PPTA annual conference, Pittsburgh, PA

Miller A, Tomlinson SS, **Palombaro KM**. Use of standardized patients to evaluate physical therapy student communication and interview skills.

Poster presentation, 2007 APTA Combined Sections Meeting, Nashville, TN.

Palombaro KM, Craik RL, Mangione KK. Determining meaningful changes in gait speed after hip fracture. (PL-RR-146-TH)

Platform presentation, 2005 APTA Annual Conference, Boston, MA.

Mangione KK, Lopopolo RB, Neff NP, Craik RL, **Palombaro KM**. A description of usual care provided by home care physical therapists for geriatric patients after hip fracture. *Journal of Geriatric Physical Therapy*, 27(3);110, 2004.

Platform presentation, 2005 APTA Combined Sections Meeting, New Orleans, LA.

Mangione KK, Craik RL, Tomlinson SS, **Palombaro KM**. The effects of aggressive home-exercise in patients post hip fracture.

Poster presentation, 2003 Gerontological Society of America, San Diego, CA.

NON-PEER REVIEWED PUBLICATIONS

Palombaro KM, Park H. Qualities of Pro Bono Should Be Embraced by Professionals, Students. *Delaware County Times*. November 8, 2013.

Palombaro KM. GIS Mapping: A Resource for Innovation. HPA Resource. 2011;11:1-3.

Palombaro, KM, Dole, RL, Lattanzi JB. The Development of a Community Clinic: How a Signature Project Can Mobilize Commitment to Sustainable Community. In: Ledoux MW, Wilhite SC, Silver P, eds. *Civic Engagement and Service Learning*. Hauppauge, NY: Nova Science Publishers, Inc; 2011:90-108.

Philadelphia Social Innovations Blog

“Healthcare Students: One Solution to the Healthcare Crisis”

FUNDED/IN REVIEW GRANT ACTIVITY

Widener University Faculty Development Grant, awarded \$951, December 2018 “An Investigation into the Relationship between Civic-Mindedness and Empathy in Graduate Physical Therapy Students Who Participate in a Student-Led Pro Bono Clinic.”

Principle Investigator

Widener University Provost Grant, awarded \$1200, Jul 2016. “A Needs Assessment for Physical Therapy Services in Costa Rica.”

Co-Principle Investigator

Widener Service Learning Mini-Grant, awarded \$350, May 2016.

Course Instructor

Widener University Provost Grant, awarded \$1950, July 2015. “A Best Practices Evaluation of a Physical Therapy Training Program in China.”

Co-Principle Investigator

Widener University Provost Grant, awarded \$1725, July 2015 “An Investigation into the

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Relationship between Civic-Mindedness and Empathy in Graduate Physical Therapy Students Who Participate in a Student-Led Pro Bono Clinic.”

Co-Principle Investigator

Widener Service Learning Mini-Grant, awarded \$350 May 2015

Course Instructor

Widener University Faculty Development Grant “The Increase in Civic Mindedness Among Students Who Participate in a Student-Led Pro Bono Clinic.”

Awarded \$2,130, July 2014

Principle Investigator

Widener University Faculty Development Grant “The Use of an Advanced Statistics Graduate Assistant to Improve Student Learning Outcomes in an Online Statistics Class.”

Awarded \$750, July 2014

Principle Investigator

Widener Service Learning Mini Grant, awarded \$500 May 2014

Course Instructor

Provost Pedagogical Innovation Grant-“Technology Outside the Classroom to Promote Active Learning in the Classroom: PT 713 and PT 813 Lifespan I and II Course Sequence” awarded \$5,990.

Co-Principle Investigator

Widener Service Learning Mini-Grant, awarded \$250 May 2013

Course Instructor

Saint Thomas of Villanova Stewardship Grant-“Chester Community Physical Therapy Clinic” awarded \$1,000, July 2012

Faculty Advisor to the Chester Community Physical Therapy Clinic

School of Human Services Professions Mini-Grant-“Brain Safety Education for Children in the Chester Community” awarded \$200, February 2012.

Investigator

Saint Thomas of Villanova Stewardship Grant--“Chester Community Physical Therapy Clinic” awarded \$1,000, July 2011

Faculty Advisor to the Chester Community Physical Therapy Clinic

Widener University Service-Learning Grant-“The Phenomenon of Supervising Physical Therapy Practice in a Student-Led Pro Bono Physical Therapy Clinic.” Awarded \$2,130, July 2011

Investigator

Widener University Provost Grant. “Developing an Assessment for Examining the Effectiveness of Brain Safety Education on Helmet Use in Young Children.” Awarded \$1250, July 2011

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Investigator

Saint Thomas of Villanova Stewardship Grant--“Chester Community Physical Therapy Clinic”
awarded \$1,000, July 2010

Faculty Advisor to the Chester Community Physical Therapy Clinic

Saint Thomas of Villanova Stewardship Grant--“Chester Community Physical Therapy Clinic”
awarded \$1,000, July 2009

Faculty Advisor to the Chester Community Physical Therapy Clinic

Widener University Provost Grant,-“Effect of Ischemic Pressure using a Backnobber II Device
on Discomfort Associated with Myofascial Trigger Points.” Awarded \$1400, April 2009

Investigator

Widener University Provost Grant--“Assessing the Development of Cultural Competence in
Physical Therapy Students over the Three-Year Entry-Level Curriculum in the Institute for
Physical Therapy Education at Widener University.” Awarded \$1900, April 2008

Investigator

“Multimodal Exercise Training for Older Adults.” Funded by PA Department of Health, 2007,
Associate Investigator

Pennsylvania Physical Therapy Association--“Are There Differences in Physical Performance
Measures between Early Post-Menopausal Women with and without Low Bone Mineral
Density?” Awarded \$1000. September 2006

Principle Investigator

APTA Section on Women’s Health--“Are There Differences in Physical Performance Measures
between Early Post-Menopausal Women with and without Low Bone Mineral Density?”

Awarded \$5000. July 2006

Principle Investigator

"Effect of Leg Strengthening Exercise after Hip Fracture." Funded by NIH/NICHD/NIA 1 R03
HD041944-01A1, 2002

Associate Investigator

"Measuring Physical Performance after Hip Fracture in Patients with and without Delirium"
Funded by Muller Foundation of Abington Memorial Hospital, 2002

Investigator

CURRENT/ACTIVE RESEARCH ACTIVITY

Development of Civic Responsibility and Empathy in Graduate Physical Therapy and Occupational Therapy Students

Principle Investigator

This research examines DeSales and Widener graduate physical and occupational therapy students' scores on the Civic Minded Professional Scale and the Jefferson Scale for Empathy at the beginning of the professional curriculum and at the end of the first, second and final year of study.

Funded through Widener University Faculty Development Grant

Development of Compassion Fatigue in Graduate Physical and Occupational Therapy Students

Principle Investigator

MEMBERSHIP IN SCIENTIFIC/PROFESSIONAL ORGANIZATIONS

CONSULTATIVE/ADVISORY POSITIONS HELD:

American Physical Therapy Association	1994-present
• Board Appointed Pool Research Awards Subcommittee	2011-2014
• Board Appointed Pool Publications Awards Subcommittee	2015-2017
• Widener University Faculty Liason to APTA's Student Assembly	2012-2017
Geriatrics Section	2005-present
Education Section	2006-present
Health Policy and Administration Section	2009-present
Research Section	2011-present
• HPA Section Community Health Promotion Networking Subcommittee, Co-Chair	
Section on Women's Health	
• Section on Women's Health, Grant Reviewer	1994-1996, 2006-present 2008, 2015, 2016
• Section on Women's Health, Reference List Contributor, Women's Health Board Certification Exam	2009
National Osteoporosis Foundation	2011-present

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Journal of Geriatric Physical Therapy, Associate Editor	2016-present
Manuscript reviewer	2012-2016
Journal of Physical Therapy Education, Member of the Editorial Board	2016-2020
Manuscript reviewer	2013-present
Journal of Community Engagement in Higher Education, manuscript reviewer	2017-present
Pedagogy in Health Promotion, manuscript reviewer	2014-present
Journal of Neurological Engineering and Rehabilitation, manuscript reviewer	2014
Age and Aging, manuscript reviewer	2011-2014
Philadelphia Social Innovations Journal Healthcare/Public Health Content Expert Panel	2009-2013
Bone, manuscript reviewer	2008-2010
Physical Therapy, manuscript reviewer	2008-present
U.S. Bone and Joint Decade, Fit to a T presenter	2007-present

COMMUNITY SERVICE:

Love Without Boundaries Foundation

Physical Therapy Training Trip Henan Province	March 2014
Huainan Special Projects-Sex Education Curriculum Coordinator	2013-2015
Huainan Believe in Me Coordinator	2013-March 2014
Huainan Foster Care/On-site family care Co-Coordinator	2009-present 2011- present
Huainan Foster Care Orphaned Student Support (Education) Co-Coordinator	2015-2016

Philadelphia CYO Cross Country

Assistant Meet Director	1997-present
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**SERVICES TO THE UNIVERSITY/COLLEGE/SCHOOL ON
COMMITTEES/COUNCILS/COMMISSIONS:**

WIDENER UNIVERSITY

Institutional Review Board Member	2017-present
Academic Affairs	2017-present
Phi Kappa Phi Board Member	2016-2018
Middle States Re-Accreditation Committee • Student Experience Working Group Co-Chair	2015-2017
Go-Team: Engagement Committee Co-Chair	2013-2014
Library Committee • Secretary	2011-2013 2011-2012
Civic Engagement Committee	2008-2016
Widener Aging in Action Program	2010-2013
Wellness Committee	2007-2010

**SCHOOL OF HUMAN SERVICES
PROFESSIONS**

Faculty Affairs Council	2013-2015 2010-2011
IPTE representative to Chongqing Exchange Program	2011-2016
Promotion and Tenure Committee	2012-2014, 2015-present
Diversity Committee	2010-2012

**INSTITUTE FOR PHYSICAL THERAPY
EDUCATION**

Class of 2021 Advisor	2019-2021
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Promotion and Tenure Committee	2015-present
Student Recruitment and Retention Committee	2018-present
Professional Engagement Committee	2016-2018
Community Engagement Committee	2016-present
Physical Therapy Student Association Faculty Advisor	2012-2015
Academic Standards Review Committee	2011-2013
Outcomes Committee • Committee Chair	2011-present 2011-2013, Spring 2014-present
Comprehensive Exam Committee	2009-2011
Curriculum Committee	2010-2011
National Physical Therapy Examination Task Force on Pass Rates	2010-2015
Class of 2014 Advisor	2011-2014
Class of 2015 Advisor	2012-2013
Chester Community Physical Therapy Clinic, Faculty Board Member	2008-present
Strategic Planning Committee	2009-present
MLK Conference Committee	2007-2012

HONORS/AWARDS:

2019 Widener Faculty Research Award Nominee

2017 Widener Faculty Research Award Nominee

2014 Pennsylvania Physical Therapy Association Humanitarian Award

2010-2011 Widener University Service Learning Fellow

2006 Recipient, Chattanooga Research Award

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2006 Recipient, Section on Geriatrics, Adopt-a-Doc Scholarship

2003 Recipient, Foundation for Physical Therapy, Mary McMillan Doctoral Scholarship

2002 Allied Health Award, Jeanes Hospital

CONTINUING EDUCATION:

Modern Management of the Older Adult	2020
Advanced Training in Biopsychosocial Chronic Pain Rehabilitation	2020
Child Abuse: Detection and Reporting for PA 3.0 CEU	2020
Professional Ethics for Physical Therapists and Rehabilitation Professionals 2.0 CEU	2020
Pre-professional Dancer Preseason Screening Parts 1 and 2 3.0 CEU	2020
Pre-menopause Matters: The Power of Early Education 1.6 CEUs (10.75 General, 5.25 Direct Access)	2020
BoneFit Certification 1.5 CEU	2019
ACT in Motion 1.0 CEU	2019
Functional Nutrition in Chronic Pain Certification 3.2 CEU	2019
APTA Combined Sections Meeting Washington, D.C. 1.9 CEU	2019
• Global Volunteerism: From Organization to Boots on the Ground: Part I .2 CEU • Global Volunteerism: From Organization to Boots on the Ground:	

Part II .2 CEU

- Global Volunteerism: From Organization to Boots on the Ground: Part III .2 CEU
- Physical Therapy Considerations in Gender Affirming Genital Surgery .2 CEU
- Empowering Women Leaders in Physical Therapy .2 CEU
- Staying Fit Beyond Menopause Through Early Screening and Training .2 CEU
- LGBTQIA+ Barriers in Physical Therapy: Clinician, Educator and Student Perspective .2 CEU

Recognizing and Reporting Child Abuse: Mandated and Permissive Reporting in Pennsylvania .3 CEU 2018

Guidelines for Recognizing and Providing Care for Victims of Elder Abuse .2 CEU 2018

The BEST Exercise Program for Osteoporosis Prevention .8 CEU 2018

Functional Medicine: Lifestyle Strategies to Support Physical Therapy Outcomes .2 CEU 2018

Functional Medicine: A Foundational Support for Physical Therapy Practice .2 CEU 2018

The Importance of the Gut Microbiome and the Impact That It Can Have on Our Patients .2 CEU 2018

Ethics .2 CEU	2017
APTA Combined Sections Meeting: San Antonio, TX 1.9 CEU • LGBT and Aging .2 CEU • Too Fit to Fracture .2 CEU • Health Promotion and Older Adults .2 CEU	2017
Warding Off Obesity As We Age: Update On The Role of Nutritional Exercise .3 CEU	2016
Optimal Dosing for Effective Interventions: Don't Be an "Under-Doser." .3 CEU	2016
APTA Combined Sections Meeting Anaheim, CA	2016
Mandatory Reporting .3 CEU	2015
Physical Therapy Ethics and Jurisprudence .2 CEU	2015
ABCs of Home Modification for Patients with Physical and Neurological Disabilities .5 CEU	2015
APTA Combined Sections Meeting: Indianapolis, IN • Fall Assessment Measures for Special Populations .2 CEU • GeriEDGE Falls Risk Assessment and Outcome Measures.2 CEUs • EDGE and PT NOW Management of Hip Fracture .2 CEU • Exercise Prescription for the Older Adult with Multiple Chronic Conditions .2 CEU	2015

- GeriATHLetics: PTs as the Resource for Aging Athletes .2 CEU
- Adding Power to the Aging Adult's Exercise Program .2 CEU

APTA Combined Sections Meeting: Las Vegas, NV

2014

- Walking Speed in Clinical Practice .2 CEUs
- Health Policy and Administration Section Moderated Platform Presentations I

Ethics .2 CEUs

2013

Certified Aging In Place Specialist Continuing Education

2012

- Evaluating and Writing an Effective Home Modification Evaluation 5.0 CEUs
- Specialty Products for Home Accessibility and Independence 5.0 CEUs

APTA Combined Sections Meeting: Chicago, IL

2012

- Walking Speed: A Vital Sign and Even More .2 CEUs
- Exercise Adherence in Older Adults: Why Don't My Patients Do Their Exercises and Can I Improve This? .2 CEUs
- Resistance Training Across the LifeSpan .2 CEUs

Thomas Edison University, Certificate in Family Nutrition

2011

- Healthy Children's Nutrition: At the Home, School and External Environments
- Healthy Moms and Infant Nutrition

Widener University, Medical Screening for the Physical Therapist, 1.5 CEU

2011

Educata, Functional Assessment for the Aging Adult, Part I	2011
• Introduction to Functional Assessment 1.5 CEUs • Introduction to Exercise 1.0 CEU • Strengthening Principles 2.5 CEUs • Mobility Disability 2.0 CEUs	
APTA Combined Sections Meeting: New Orleans, LA	2011
• The Student and the New Clinician: Meeting the Challenges of the Home Health Environment. .2 CEUs	
Unified Health Communication 101: PHF-TRAIN, online course	2010
Service Learning Fellows Training: Widener University	2009-2010
APTA Combined Sections Meeting: San Diego, CA	2010
• Health Literacy and Older Adults: Implications for Physical Therapy Practice .2 CEUs • Expanding Our Universe: Health Promotion Opportunities in Physical Therapy Practice .3 CEUs • Aging in Place: Building for the Future .4 CEUs • Stepping Forward with Gait Rehabilitation .3 CEUs	
CAPS Certification Course Series: Cherry Hill, NJ	2010
• Marketing and Communication Strategies for Aging and Accessibility (CAPS I) • Design/Build Solutions for Aging and Accessibility (CAPS II):	

Updated 11/14/2020

- Business Management for Building Professionals

CURRENT TEACHING RESPONSIBILITIES IN THE ENTRY-LEVEL PROGRAM

PT 713 Lifespan I: Adulthood	Fall Semester
PT 716 Global Health I	
PT 751 Evidence Based Inquiry II	
PT 771 Community Health Practicum I	
PT 773 Community Health Practicum III	
PT 775 Community Health Practicum V	
PT 890 Advanced Practice: Geriatrics	
PT 724 Clinical Practice I	Spring Semester
PT 772 Community Health Practicum II	
PT 774 Community Health Practicum IV	
PT 818 Health and Wellness Promotion	