University of Pittsburgh

BIOGRAPHICAL

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EDUCATION and TRAINING

UNDERGRADUATE

2006 - 2010	Saint Francis University Loretto, PA	BS 2010	Health Science

GRADUATE

2010 - 2012	Saint Francis University Loretto, PA	DPT 2012	Physical Therapy

APPOINTMENTS and POSITIONS

ACADEMIC

2018 – 2024	University of Pittsburgh Pittsburgh, PA	Adjunct Faculty, Department of Physical Therapy
2024-present	University of Pittsburgh Pittsburgh, PA	Assistant Professor, Department of Physical Therapy

NON-ACADEMIC

2012 - 2015	UPMC Centers for Rehab Services Pittsburgh, PA	Float Physical Therapist, South POD
2015 - 2018	UPMC Centers for Rehab Services Pittsburgh, PA	Staff Physical Therapist, Castle Shannon
2018 - 2023	UPMC Centers for Rehab Services Pittsburgh, PA	Facility Director, Castle Shannon

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CERTIFICATION and LICENSURE

SPECIALTY CERTIFICATION:

UPMC Centers for Rehab Services Graston Technique-M1 Basic Training	2013
American Board of Physical Therapy Specialties Orthopedic Clinical Specialist	2015 - Present
Maitland-Australian: Evidence-Based Clinical Management of Spinal and Peripheral Conditions Certified Orthopedic Manual Therapist	2016 - Present
University of Pittsburgh Primary Spine Practitioner Certification Program	2018 - Present

MEDICAL or OTHER PROFESSIONAL LICENSURE:

Pennsylvania State Board of Physical Therapy - #PT022222	2012 - Present

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MEMBERSHIP in PROFESSIONAL and SCIENTIFIC SOCIETIES

American Physical Therapy Association

HONORS

PUBLICATIONS

1. ORIGINAL PEER REVIEWED ARTICLES

2. OTHER PEER REVIEWED PUBLICATIONS

3. OTHER NON-PEER REVIEWED PUBLICATIONS

4. BOOKS, BOOK CHAPTERS AND MONOGRAPHS

5. PUBLISHED ABSTRACTS (in Scientific Journals)

6. ABSTRACTS (not published in Scientific Journals)

PROFESSIONAL ACTIVITIES

TEACHING

Primary instruction (Department of Physical Therapy – University of Pittsburgh - Proposed)

- **Fall**

Course Number	Title	Year - Term	Number of Students	Responsibilities % course taught
PT 2229	Kinesiology	Fall 2024		Teaching Assistant Lead 100% of labs

Description: An introduction to the foundations of biomechanics, musculoskeletal tissue mechanics, and therapeutic exercise that will provide the basic principles underlying the analysis of normal and pathological human movement with applications to the musculoskeletal system. This material will be presented in lecture format and will be supplemented by direct laboratory experience.

PT 2030	Human Anatomy and Lab	Fall 2024		Teaching Assistant Lead 100% of labs

Description: Systems and regional approaches to human anatomy are combined to study anatomical components and principles of function. The material covered in this course includes anatomy of the musculoskeletal, neural and vascular systems of the extremities, head, neck and trunk. Lectures are complemented by Problem-Based Learning sessions, and laboratory experiences involving both prosection study of human cadavers and instructional palpation of living subjects.

- **Spring**

PT 2231	Musculoskeletal PT 1	Spring 2025		Teaching Assistant 100% of labs

Description: This course is the first of the Musculoskeletal series. PT 2231 is an overview of the musculoskeletal causes and treatments of movement dysfunction related to the lower extremity. Lecture and laboratory sessions are used to develop competency in the knowledge of pathomechanics of musculoskeletal injuries, prevention, screening, patient evaluation, treatment planning and implementation. This course emphasizes the adaptation of this knowledge and skills into evidence based clinical decision making and assessment of treatment outcome for patients with lower extremity musculoskeletal dysfunction.

PT 2233	Musculoskeletal PT 3	Spring 2025		Teaching Assistant 100% of labs

Description: This is the final course of the Musculoskeletal series. PT 2233 is an advanced seminar in evaluative techniques, application and progression of therapeutic intervention. Lecture and laboratory sessions will consist of advanced seminars by the University of Pittsburgh Faculty. Specific topics related to task and movement analysis, advance spine and women's health concepts, pain and biopsychosocial

influence, soft tissue and myofascial techniques. The final section of this course will be dedicated to ergonomics and its influence on musculoskeletal injuries

- **Summer**

PT 2232	Musculoskeletal PT 2	Summer 2024	Teaching Assistant/Lecture 100% of labs; 30% lecture

Description: This is the second of the Musculoskeletal series. PT 2232 is an overview of the musculoskeletal causes and treatments of movement dysfunction related to the upper extremity and spine. Lecture and laboratory sessions are used to develop competency in the knowledge of pathomechanics of musculoskeletal injuries, prevention, screening, patient evaluation, treatment planning and implementation. This course emphasizes the adaptation of this knowledge and skills into evidence based clinical decision making and assessment of treatment outcome for patients with musculoskeletal dysfunction in the upper extremity and spine.

Additional instruction as Adjunct Faculty (Department of Physical Therapy, University of Pittsburgh)

Course Number	Title	Year - Term	Number of Students	Responsibilities % course taught
PT 2229	Kinesiology	Fall 2023	90	Teaching Assistant Lead 100% sync and labs

Description: An introduction to the foundations of biomechanics, musculoskeletal tissue mechanics, and therapeutic exercise that will provide the basic principles underlying the analysis of normal and pathological human movement with applications to the musculoskeletal system. This material will be presented in lecture format and will be supplemented by direct laboratory experience.

PT 2030	Human Anatomy and Lab	Fall 2023	90	Teaching Assistant Lead 100% Gross Anatomy labs

Description: Systems and regional approaches to human anatomy are combined to study anatomical components and principles of function. The material covered in this course includes anatomy of the musculoskeletal, neural and vascular systems of the extremities, head, neck and trunk. Lectures are complemented by Problem-Based Learning sessions, and laboratory experiences involving both prosection study of human cadavers and instructional palpation of living subjects.

PT 2231	Musculoskeletal PT 1	Spring 2018 - 2024	60	Teaching Assistant 50% labs

Description: This course is the first of the Musculoskeletal series. PT 2231 is an overview of the musculoskeletal causes and treatments of movement dysfunction related to the lower extremity. Lecture and laboratory sessions are used to develop competency in the knowledge of pathomechanics of musculoskeletal injuries, prevention, screening, patient evaluation, treatment planning and implementation. This course emphasizes the adaptation of this knowledge and skills into evidence based

clinical decision making and assessment of treatment outcome for patients with lower extremity musculoskeletal dysfunction.

PT 2232	Musculoskeletal PT 2	Summer 2018 - 2024	60	Teaching Assistant 50% labs

Description: This is the second of the Musculoskeletal series. PT 2232 is an overview of the musculoskeletal causes and treatments of movement dysfunction related to the upper extremity and spine. Lecture and laboratory sessions are used to develop competency in the knowledge of pathomechanics of musculoskeletal injuries, prevention, screening, patient evaluation, treatment planning and implementation. This course emphasizes the adaptation of this knowledge and skills into evidence based clinical decision making and assessment of treatment outcome for patients with musculoskeletal dysfunction in the upper extremity and spine.

PT 2233	Musculoskeletal PT 3	Spring 2018 - 2024	60	Teaching Assistant 50% labs

Description: This is the final course of the Musculoskeletal series. PT 2233 is an advanced seminar in evaluative techniques, application and progression of therapeutic intervention. Lecture and laboratory sessions will consist of advanced seminars by the University of Pittsburgh Faculty. Specific topics related to task and movement analysis, advance spine and women's health concepts, pain and biopsychosocial influence, soft tissue and myofascial techniques. The final section of this course will be dedicated to ergonomics and its influence on musculoskeletal injuries

PT 2242	Patient Management 2	Summer 2012 - 2023	60/90	Teaching Assistant 50% labs

Description: This course continues to explore the principles of patient /client management that were introduced in Patient Management 1. Several topics will be used to illustrate the patient/client management model with an emphasis on treatment strategies, including thermal modalities; electrotherapy; the integumentary system and wound care; lymphedema and edema management; and finally, an introductory unit on Women's Health.

	Advanced Manual Therapy Elective Course	Spring 2018-2019	50	Teaching Assistant 100% labs

Description:

	Primary Spine Practitioner	Multiple 2019-2023		Faculty - Examination

Description:

Additional instruction (School of Health and Rehabilitation Sciences – BS Rehabilitation Science)

Course Number	Title	Year - Term	Number of Students	Responsibilities % course taught
	Kinesiology and Biomechanics	Spring 2020		Assistant Instructor

Description:

RESEARCH

Non-Funded Research:

- **Research Co-Investigator, Physical Therapy Department, Saint Francis University 2010-2012**
    - *Determining Changes in Strength using the DAPRE Protocol in a Contralateral Untrained Limb Following Bilateral Training*

LIST of CURRENT RESEARCH INTERESTS

SERVICE

Service to Department of Your Department

1. 2019: Career Exploration Panel Discussion Participant
2. 2021-2023: UPMC and Pitt Teaching Assistant Liaison
3. 2021-Present: Department of Physical Therapy – Admissions Application Reviewer
4. 2021-Present: Department of Physical Therapy – Post-Professional Curriculum Coordinator

Service to School of Health and Rehabilitation Sciences

Service to University of Pittsburgh

Service to Community

1. 2007-2013: Medical Mission Trips (7): Honduras, Dominican Republic, Jamaica
2. 2015-2023:

Service to Professional Organizations

1. 2015-2023: UPMC Employee Experience Committee Member
2. 2017-2023: UPMC EPIC Go Live Assistant and Super User

Grants Reviewer

Journal Refereeing

Editorships