

Julie Deanne Ries, PT, PhD
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Education:

- PhD in Physical Therapy, Nova Southeastern University, Fort Lauderdale, FL, 2001- 2007.
- MA in Education & Human Development, The George Washington University, Washington, DC, 1988-1991.
- BS in Physical Therapy, Quinnipiac College, Hamden, CT, 1981-1985.

Employment and Positions Held:

- Tenured Professor, Program in Physical Therapy, Malek School of Health Professions, Marymount University, Arlington VA, 2014-Present.
- Tenured Associate Professor, Program in Physical Therapy, Malek School of Health Professions, Marymount University, Arlington VA, 2009-2014.
- Adjunct Faculty (Management of Neurological Disorders), Transitional DPT Program, University of Montana / Rehab Essentials, Missoula MO, 2010 – Present.
- PRN Acute Care Staff Physical Therapist, INOVA Fairfax Hospital, Fairfax VA, 2000-2015.
- Assistant Professor, Program in Physical Therapy, Marymount University, Arlington VA, 1998-2009.
- Clinical Associate, Program in Physical Therapy, Marymount University, Arlington VA, 1996-1998.
- PRN Home Care Physical Therapist, INOVA - VNA Home Health of Northern Virginia, Sterling VA, 1995-2000.
- Clinical Director of Physical Therapy, The George Washington University Hospital, Washington DC, 1993-1995.
- Clinical Specialist in Neurology/Neurosurgery, The George Washington University Hospital, Washington DC, 1992-1993.
- Academic Coordinator of Clinical Education (ACCE) & Instructor, Program in Physical Therapy, Shenandoah University, Winchester VA, 1991-1992.
- PRN Acute Care Staff Physical Therapist, Arlington Hospital, Arlington VA, 1991-1992.
- Clinical Coordinator of Physical Therapy, The George Washington University Hospital, Washington DC, 1990-1991.
- Senior Physical Therapist, The George Washington University Hospital, Washington DC, 1987-1990.
- Staff Physical Therapist, The George Washington University Hospital, Washington DC, 1985-1987.

Peer Reviewed Publications:

- Ries JD, Hutson J, Maralit LA, Brown MB. Group balance training specifically designed for individuals with Alzheimer's disease: Impact on Berg Balance Scale, Timed Up and Go, Gait Speed, and Mini Mental Status Exam. *Journal of Geriatric Physical Therapy*; 2015. 38(4):183-193.
- Ries JD. Alzheimer's Disease and Other Dementias: Medical Overview and Rehabilitation Management (Home Study Course, 3 contact hours). SC Publishing / Western Schools. 2015.
- Ries JD & Vaughan V. Early rehabilitation in lower-extremity dysvascular amputation (Chapter 26). In *Orthotics & Prosthetics in Rehabilitation, 3rd ed.* Lusardi, Jorge, & Nielsen, eds. Elsevier Saunders: St. Louis; 2013.
- Ries JD. Ambulation: Impact of age related changes on functional mobility (Chapter 17). In *Geriatric Physical Therapy, 3rd ed.* Guccione, Wong, Avers, eds. Mosby: St. Louis; 2012.
- Ries JD, Drake JM, Marino C. A small-group functional balance intervention with individuals with Alzheimer disease: A pilot study. *Journal of Neurologic Physical Therapy*; 2010. 34:3-10.
- Ries JD, Echternach J, Nof L, Gagnon Blodgett M. Test-retest reliability and minimal detectable change scores for the timed "up & go" test, the six-minute walk test, and gait speed in people with Alzheimer disease. *Physical Therapy*; 2009. 89(6):569-79.
- Ries JD & Vaughan V. Rehabilitation of persons with transtibial amputation (Chapter 27). In *Orthotics & Prosthetics in Rehabilitation, 2nd ed.* Lusardi & Nielsen, eds. Butterworth Heinemann: Boston. 2007.
- Ries JD & Leonard R. Evidence in Practice. Clinical Question: Is there evidence to support the use of constraint induced therapy to improve the quality or quantity of upper extremity function of a two and a half year old girl with congenital hemiparesis? *Physical Therapy*, 86(5):746-52; 2006.
- Neal LJ & Ries JD. Neuromuscular disorders (Chapter 24). In *Care of the Patient with a Chronic Illness or Disability: A Team Approach*. Neal & Guillelt, eds. Mosby: New York. 2004.
- Neal LJ & Ries JD. Cancers of the central nervous system (Chapter 28). In *Care of the Patient with a Chronic Illness or Disability: A Team Approach*. Neal & Guillelt, eds. Mosby: New York. 2004.
- Laufer Y, Ries JD, Leininger P, & Alon G, Comparison of Quadriceps Femoris Muscle Torque and Fatigue Generated by Neuromuscular Electrical Stimulation with Three Different Waveforms, *Physical Therapy*, 81(7): 1307-1316; 2001.
- Ries JD & Brewer K, Trans-Tibial Prosthetic Training and Rehabilitation in *Orthotics and Prosthetics in Rehabilitation*, Lusardi M & Nielsen C, eds., Butterworth Heinemann: Boston, 2000.

Peer Reviewed Scientific and Professional Presentations:

- *Rehabilitation with Individuals with Dementia: Let's Elevate our Expectations!* Invited Speaker for 2-hour educational program, APTA Combined Sections Meeting, San Antonio TX, February 2017.
- *Marymount University Doctor of Physical Therapy Program Annual Interview Day: Controlled Chaos.* Poster Presentation (with Marti Carroll, PT, DPT), APTA Combined Sections Meeting, Anaheim CA, February 2016.
- *Unique cognitive and motivational considerations for the older adult. Dilemma or opportunity?* Invited Speaker (with Dale Avers, PT, PhD) for 90-minute educational program, APTA NEXT Conference, National Harbor MD, June 2015.
- *Unique mobility & fitness considerations for the older adult: Age alone tells us nothing!* Invited Speaker for 90-minute educational program, APTA NEXT Conference, National Harbor MD, June 2015.
- *Alzheimer Disease & Balance Training: The Tipping Point.* Invited Speaker for 90 minute educational program and Virtual Conference presentation, APTA Annual Conference, Salt Lake City, UT, June 2013.

- *Suburban Community Ambulation Requirements*. Poster Presentation, APTA Annual Conference, National Harbor MD; June 2011.
- *Pediatric Constraint Induced Movement Therapy for Management of Impaired Upper Extremity Function: A Single Subject Study with Two Episodes of Care*. Poster Presentation, APTA Combined Sections Meeting, San Diego CA, February 2010.
- *Balance Intervention for Individuals with Alzheimer's Disease: A Pilot Study*. Poster Presentation, APTA Annual Conference, Baltimore, MD; June 2009.
- *Alzheimer's Disease and Exercise: Evidence & Anecdotes*. Invited Speaker for 90 minute educational program, APTA Combined Sections Meeting, February 2009; Las Vegas, NV.
- *Minimal Detectable Change Scores in Selected Clinical Tests with Individuals with Alzheimer's Disease*, Poster Presentation, APTA Combined Sections Meeting, Las Vegas, NV; February, 2009.
- *Pediatric Constraint Induced Therapy for Management of Impaired Upper Extremity Function in a Young Girl with Congenital Hemiparesis: A Case Report*, Platform Presentation, sponsored by the Pediatric Section of the APTA at Combined Sections Meeting, San Diego, CA; February, 2006.
- *Oncology Case Study Presentation*, Invited Speaker, sponsored by the Oncology Section of the APTA at Combined Sections Meeting, Boston, MA; February, 1998.
- *CVA Following Craniotomy for Removal of an Osteochondroma in a Patient with Achondroplastic Dwarfism: A Case Study*, Platform Presentation, 6th Annual Stroke Rehabilitation Conference, Cambridge, MA; 1994.

Abstracts:

- Carroll M & Ries JD. Marymount University Doctor of Physical Therapy Program Annual Interview Day: Controlled Chaos [Abstract]. Conference Proceedings, APTA Combined Sections Meeting, Anaheim CA, February 2016.
- O'Reilly GR & Ries JD. Suburban community ambulation requirements [Abstract]. Conference Proceedings, APTA Annual Conference, National Harbor MD; June 2011.
- Ries JD, Leonard R, Muller D. Pediatric constraint induced movement therapy for management of impaired upper extremity function: A single subject study with two episodes of care [Abstract]. Conference Proceedings, APTA Combined Sections Meeting, San Diego CA, February 2010.
- Fenneman PA & Ries JD. Case report: effects of TheraTogs on the postural stability and motor control of a 7-year-old girl with Down syndrome and severe motor delays [Abstract]. Conference Proceedings, APTA Combined Sections Meeting, San Diego CA, February 2010.
- Leonard R, Rosenberg M, Ries J. Use of a partial body weight suspension track system to facilitate creeping and gait in a 3 year old boy with spastic quadriplegia [Abstract]. Conference Proceedings, Section on Pediatrics Annual Conference, Orlando FL, January 2010.
- Ries JD, Rhea J, Marino C. Balance intervention for individuals with Alzheimer's disease: A pilot study [Abstract]. Conference Proceedings, APTA Annual Conference, Baltimore, MD; June 2009.
- Ries JD, Echternach J, Nof L, Gagnon Blodgett M. Minimal detectable change scores in selected clinical tests with individuals with Alzheimer's disease [Abstract]. Conference Proceedings, APTA Combined Sections Meeting, Las Vegas, NV; February, 2009.
- Ries JD, Leonard R, Carter J, Cribb G, Gerhard D, & Johnson J. Pediatric constraint induced therapy for management of impaired upper extremity function in a young girl with congenital hemiparesis: a case report [Abstract]. *Pediatric Physical Therapy*, 18(1):79; 2006.
- Ries JD, Laufer Y, Leininger P, & Alon G, Electrically Induced Quadriceps Femoris Muscle Contraction Force Output and Fatigue in Females and Males [Abstract], *Physical Therapy*, 80(5), p. S45, 2000.

- Ries JD, CVA Following Craniotomy for Removal of an Osteochondroma in a Patient with Achondroplastic Dwarfism: A Case Study [Abstract]. *Conference Proceedings for Sixth Annual Stroke Rehabilitation Conference*, Cambridge, MA, 1994.

Continuing Education Presentations:

- Instructor for 2 online continuing education courses via Medbridge (Launched September 2016):
 - The Impact of Aging on Functional Mobility and Gait: Introduction (1.5 hrs)
 - Interventions for the Aging Gait: Understanding Cognition & Frailty (1.5 hrs)
- Instructor for 2-day (20 hrs.) on site continuing education course via Great Books & Seminars: Rehabilitation for Older Adults with Dementia – Maximizing our impact
 - Presented in Cherry Hill NJ (May 2017), Madison WI (July 2017), New Rochelle NY (November 2017)
 - 5 dates scheduled for 2018

Non-Peer Reviewed Presentations:

- *Exercise and Alzheimer’s Disease*. Invited Speaker for 60 minute educational program for caregivers: Alzheimer’s Association of the National Capitol Area, Olney MD; November 2010.
- *Exercise & Older Adults with Dementia*. Invited Speaker for 60 minute educational program for nurses: Enhancing Care for the Older Adult, INOVA Health System, Fairfax VA; October 2010.
- *Service Learning in Physical Therapy: An Ongoing Case Report*, Platform Presentation, Innovations Conference, Marymount University, Arlington, VA; March, 2007.
- *Academic PT Program and a Free Clinic: A Win-Win Situation*, Invited Speaker, Virginia Association of Free Clinics Annual Conference, Charlottesville, VA; November 2006.
- *Constraint Induced Therapy for Management of Impaired Upper Extremity Function in Hemiparesis*, Invited Speaker, Northern District Virginia Physical Therapy Meeting, Falls Church, VA; January, 2007.

Funded Grant Activity:

- Principal Investigator, Alzheimer’s and Related Diseases Research Awards Fund (ARDRAF) 2012-2013, Virginia Center on Aging, Virginia Commonwealth University. Award #13-2 in the amount of \$33,907.00. Project title: Balance Training for Individuals with Alzheimer’s Disease: The Effect on Balance and Falls.

Membership in Scientific/Professional Organizations:

- Member, American Physical Therapy Association (1983-present); member of Neurology & Geriatric Sections of APTA (1999-present)
- Member, Virginia Physical Therapy Association, Northern District (1983-present); Chair of Northern District Research Committee (2009-present)

Professional Service

- Western Schools Advisory Board (Fall 2016) Focus Group to provide input on future directions for continuing education efforts
- Dissertation Manuscript Reviewer (2016) for PhD Candidate, University of Queensland, Australia.
- Dissertation Committee Member (2014-present) for PhD candidate, Rocky Mountain University of Health Professions
- Portfolio Reviewer for Promotion & Tenure for faculty member (2015), University of Michigan Flint

- Manuscript Reviewer: Journal of Geriatric Physical Therapy (2009-present), Archives of Physical Medicine & Rehabilitation (2009-2010), Physiotherapy Theory & Practice (2011)

Community Service:

- Volunteer, Marymount University Go Baby Go Chapter. Supervise student and community member participation in adaptation of ride-on cars for children with disabilities, 2015-present.
- Volunteer Physical Therapist, Arlington Free Clinic. Provide physical therapy for patients with neurological diagnoses, 2004- present.
- Volunteer, Romanian Christian Enterprises (RCE). Travel to Arad, Romania in 2014, 2010 & 2003 to provide consultation, therapist training, and PT services to children with disabilities, 2003-present.
- Volunteer Educational Speaker, Alzheimer’s Association of National Capitol Area, 2009-present.

Services to the University/College/School on Committees/Councils/Commissions:

- University-Wide committees
 - QEP Steering Committee and Community Engagement Subcommittee (2016-Present)
 - Task force for Uniform Guidance of Federal Grant Funding (2015)
 - Institutional Review Board (2008-Present), Chairperson (2013-2016)
 - Americans with Disabilities (2007-2014)
 - Admissions & Academic Standards (2001-2004), Chairperson (2003-2004)
 - Instructional Budget & Planning (2007-2008)
 - Retention (2004-2007)
 - Student Services (1999-2001)
- School of Health Professions committees
 - Nursing Department Faculty Search Committee (2014)
 - PT Department Faculty Search Committee, Chairperson (2013)
 - SHP Curriculum Committee (2010-2012)
 - Nursing Department Faculty Search Committee (2003-2004)
- Physical Therapy Department committees
 - PT Admissions Committee (1996-Present; Co-Chair all years 2001-Present with the exception of 2 semesters (Fall 2005 due to course release for research & Fall 2013 due to sabbatical)

Honors and Awards:

- Outstanding Teaching Award, 2014, Marymount University Malek School of Health Professions
- Faculty Scholarship Award, 2012, Marymount University Malek School of Health Professions
- Excellence in Geriatric Research Award, 2010. Section of Geriatrics, American Physical Therapy Association
- Outstanding Teaching Award, 2006, Marymount University School of Health Professions
- Faculty of the Year Award, 2003, Marymount University School of Health Professions

Recent Continuing Education Attended:

- APTA Combined Sections Meeting, San Antonio TX, February 2017
- APTA NEXT Conference, Nashville TN, June 2016
- APTA Combined Sections Meeting, Anaheim CA, February 2016
- APTA NEXT Conference, National Harbor MD, June 2015
- APTA Combined Sections Meeting, Indianapolis IN, February 2015

- APTA NEXT Conference, Charlotte NC, June 2014
- APTA Annual Conference, Salt Lake City UT, June 2013
- APTA National Student Conclave, Arlington VA, November 2012
- APTA Combined Sections Meeting, New Orleans LA, February 2011
- APTA Combined Sections Meeting, San Diego CA, February 2010
- APTA Combined Sections Meeting, Las Vegas, NV, February 2009

Current Teaching Responsibilities in DPT Entry-Level Program:

- PT 711 (2nd semester) Foundations of Physical Therapy Examination, Evaluation, & Diagnosis (primary instructor for this 6 credit lecture & lab course that covers kinesiology and basic skills)
- PT 730 & 731 (4th semester) Evaluation & Management of Patients in Acute Care & Clinical Applications companion course (teach 2 week module lecture & lab, equivalent to 1.5 credits on Amputations & Prosthetics)
- PT 740 & 741 (5th semester) Evaluation & Management of Patients with Neurological Disorders and Clinical Applications companion course (primary instructor for 9 credits of lecture & lab content in neuro-rehabilitation)

Other Teaching Responsibilities:

- Discover 101 Freshman Seminar Course (Fall 2016 & Fall 2017, 3 credits): Focus on Movement for freshmen students in Health Professions majors.