

CURRICULUM VITAE

Name: Steven H. Tepper, PT, PhD
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EDUCATION

1979 B.S. in Physical Therapy
School of Medicine
University of Maryland
Baltimore, Maryland

1981-1990 Ph.D. in Experimental Pathology
School of Medicine – Graduate Programs
University of Maryland
Baltimore, Maryland

LICENSING INFORMATION

Maryland #14922

EMPLOYMENT AND POSITION HELD

2011-present Coordinator of Distance Education tDPT Program at University of South Florida

2008-present Coordinator of Distance Education tDPT Program at University of Montana

2006- 2009 Director of Distance Education tDPT Program at Marymount University

2005-present* Freelance Professor – taught entry-level DPT courses (usually cardiovascular disorders, clinical medicine/pathology, wellness & health promotion, physiology, exercise physiology, or histophysiology) at Marymount University*, University of Miami, University of Delaware*, University of Maryland*, University of Northern Arizona, George Washington University*, Utica College, the Ohio State University*, Mercer University, Daemen College, University of Vermont, Sage University*, Hampton University, Virginia Commonwealth University* along with others.

- 2004–present President of Rehab Essentials, Inc., an on-line education company.
- 2001–2005 Full Professor, Division of Physical Therapy at Shenandoah University, Winchester, VA
- 2000–2005 Director of the Division of Physical Therapy both entry level DPT and tDPT program at Shenandoah University, Winchester, VA
- 2001–2003 Chair of Health Professions Council, Shenandoah University, Winchester, VA
- 1993-2000 - Associate Professor, Shenandoah University, Division of Physical Therapy, Winchester, VA
- 1990-1993 Assistant Professor, University of Maryland, School of Medicine, Department of Physical Therapy, Baltimore, MD
- 1980 - 1990 - Instructor, University of Maryland, School of Medicine, Department of Physical Therapy, Baltimore, MD
- 1979 - 1980 - Staff Physical Therapist, Baltimore City Hospitals, Baltimore, MD

PUBLICATIONS

REFEREED JOURNAL ARTICLES

Tepper SH, Mergner WJ: Role of the lymphatics in aiding regression of hypokalemic lesions in rat cardiac muscle. **Lymphology**. 1989; 22:42-50.

Tepper SH, Anderson PA, Mergner WJ: Recovery of the heart following focal injury induced by dietary restriction of potassium. **Path Res Prac**. 1990;186:265-285.

Rick D, Lastova P, Tepper SH: The cardiovascular and metabolic effects of upper extremity isokinetic exercise. **Cardiopul Phys Ther J**. 1994;5(1): 2-5.

Herzenberg JE, Scheufele LL, Paley D, Bechtel R, Tepper SH.: Knee range of motion in isolated femoral lengthening. **Clin Ortho and Rel Res**. 1994;301:49-54.

Cook H, Morales M, La Rosa E, Dean J, McHugh P, Otradovec A, Wright K, Kula T, Tepper, SH: Effects of electrical stimulation on lymphatic flow and limb volume in the rat. **Phys Ther**. 1994;74(11):1040-1046.

Ambridge S, Tepper SH, Gilbert W, Kyle R, Mundy J, Russo S: Reliability of submaximal graded exercise testing of male subjects with SCI using a wheelchair ergometer. **Cardiopul Phys Ther J**. 1996;7(1): 3-7.

Tepper SH, McKeough DM: Deep Venous Thrombosis: Risks, Diagnosis, Treatment Interventions and Prevention. **Acute Care Perspectives**. 2000;8(1):1-7.

Augustine MJ, Eagleton KJ, Graham DH, Koontz C, Marchetti G, Story SB, Sullivan WJ, and Tepper SH. Reliability of ankle brachial pressure index measurements by physical therapists and physical therapy students. **Cardiopul Phys Ther J**. 2000;11(3): 99-104.

Holub C, Lamont M, Lombardo A, Pence T, Schultz G, McKeough D, Reeder J, Tepper S. The Reliability of the 6 MWT in Patients with End Stage Renal Disease. **Acute Care Perspectives**. 2003;11(1):8-11.

Costello E, Elrod C, Tepper S. Clinical Decision Making in the Acute Care Environment: A Survey of Practicing Clinicians. **JACPT**. 2011; 2:46-54. Also, included in the [Lab Values Interpretation Resources Update 2012](#) from the Acute Care Section of the ATPA.

JOURNAL ARTICLES NON-REFEREED

Humphrey R, Tepper S. Think thirty. **ACSM Health Fitness Journal**. 2007;11(6): 40-41.

Humphrey R, Tepper S. Addressing health care needs to reduce chronic disease risk associated with obesity. American Physical Therapy Association Issue Brief, November 2008.

BOOK CHAPTERS

Goodman CC, and Bouissonnault WG. **Pathology: Implications for the PT**, 2nd Ed WB Saunders. Chapter on Cell Injury and Inflammation. 2002.

Bouissonnault WG. **A Primary Care Primer for the Outpatient Orthopaedic Physical Therapist**, Chapter on Systems Review Including Vital Signs, 2004.

Goodman CC, and Bouissonnault WG. **Pathology: Implications for the PT**, 3rd Ed WB Saunders. Section on Deep Venous Thrombosis. 2006.

Bouissonnault WG. **A Primary Care Primer for the Outpatient Orthopaedic Physical Therapist**, 2nd Ed., Chapter on Systems Review Including Vital Signs, 2011.

ABSTRACTS

Tepper SH, Anderson PA. Effects of exercise on the coronary tree of a rat, post isoproterenol induced myocardial necrosis. **Phys Ther**. 1980;60:596.

Tepper SH, Bloyer R, Danoff JV. Effects of varying speeds of isokinetic exercise on heart rate, blood pressure and EKG. **Phys Ther.** 1981;61:689-690.

Bickley MA, Marchsteiner S, Cormier J, Dorsett C, Hudson C, Wells Y, Tepper S, Lawless T: The effects of various temperature baths on maximal handgrip strength. **Phys Ther.** 1983;63:773.

Bloecher J, Collins D, Falck A, Fink M, Meisenheimer J, Tepper S, Turner J, Vaeth T. The effects of varying speeds of isokinetic exercise on physiological parameters and work output. **Phys Ther.** 1985, 64: .

Millford J, Clagett C, Keenan P, Rick D, Lastova P, Wilhelm W, Tepper S. The cardiovascular and metabolic effects of upper extremity isokinetic exercise. **Phys Ther.** 1986;66:776.

Kolodgie FD, Virmani R, Osmialowski A, White C, Form M, Tepper S, Mergner, W. Prevention of myocardial ischemia during repeated balloon angioplasty with Gluosal-DA. **The American Heart Association's 59th Scientific Sessions**, Nov. 17-20, 1986. Dallas Texas.

Kolodgie FD, Virmani R, Osmialowski A, White C, Form M, Tepper S, Mergner W. Prevention of myocardial ischemia during repeated balloon angioplasty with Fluosol-DA. **Lab Invest.** 1987;56:39A.

Rolle B, Chipman N, Carrasco M, Ripp M, Hedgepeth M., Grose R, Bausam S, Tepper S. Warm-up activity prior to submaximal stress testing and its relationship to physiological reliability. **Phys Ther.** 1987;67.

Costabile E, Eways E, Finley M, Lenzenweger C, Murphy B, Rayne L, Selsky J, Tepper S. Effect of a warm-up period on reliability of submaximal stress testing. **Phys Ther.** 1988;68.

Tepper SH, Anderson PA, Mergner WJ. Recovery of the myocardium following focal necrosis. **Phys Ther.** 1988;68.

Tepper SH, Mergner WJ. Role of the lymphatics in aiding regression of hypokalemic lesions in rat cardiac muscle. **J Mol Cell Cardiol.** 1988;20 (Suppl III).

Wray H, Schuffle L, Tepper SH. Reproducibility of submaximal stress testing on consecutive weeks. **Phys Ther.** 1989;69.

Wray H, Schuffle L, Tepper SH. Reproducibility of submaximal stress testing on consecutive weeks. **J Cardiopul Rehab.** 1989;9:400.

Cook HA, Morales ML, La Rosa EM, Dean JR, Donnelly MK, McHugh PA, Otradovec A, Wright KS, Kula TJ, Alon G, Anderson PA, Tepper S.H. Effects of Electrical Stimulation on Lymphatic Flow and Limb Volume in the Rat. **Phys Ther.** 1990.

Tepper SH, Alon G, Stickney SC, Anderson PA, Bechtel RH. The Effect of Neuromuscular Stimulation on Body Metabolism. **Phys Ther.** 1990.

Anand AE, Bailey-Plummer JA, Clem RT, Conroy VM, Padezanin JD, Rund JB, Stanislav AM, Mullan PS, Anderson PA, Tepper SH. Effects of a Warm-Up Period on the Reproducibility of Weekly Stress Tests. **Phys Ther.** 1990.

Cosgrove KS, Bell SF, Fischer SR, Fowler NR, Jones TL, Myaing JC, Riddlespurger MT, Seaman, LJ, Tepper SH, Alon G. The electrical effect of two commonly used clinical stimulators on traumatic edema. **Phys Ther.** (Suppl) 1991;71:6 S117.

Tepper SH, Siders S, Morales J, Mergner GW, Mergner WJ. Myocardial recovery after hypokalemic injury. **J Mol Cell Cardiol.** 1992;24:S80.

Lea JA, Laue JA, Klein LR, Gowatski KS, Lyons E, Foye S, Tepper SH. The effect of electrical stimulation on edematous rat hind paws. **Phys Ther.** (Suppl), 1992;72:6 S116.

Colbo KL, Fallone NY, Heinlein SA, Schmidt J, Spencer JA, Taylor PS, Tepper SH. Effects of one hour of electrical stimulation on wound healing in diabetic mice. **Phys Ther.** (Suppl), 1994;74:5 S167.

Collins M, Conroy LA, Dixon RE, Garinther AM, Palicki CM, Ruleman AR, Salfia G, Tepper SH. Effects of two hours of electrical stimulation on wound healing in diabetic mice. **Phys Ther.** (Suppl), 1994;74:5 S5.

Barber AK, Barber S, Compton SL, Cook ML, Learn RS, Tepper SH. Kinematic analysis of treadmill accommodation after a warm-up on increasing the reliability of submaximal exercise testing. **Cardiopul Phys Ther J.** 1995;6:1.

Schaefer KA, Tepper SH, Bayliff DB, Fogarty DP, Gerstel DL, Hunt WR, Johnson WM, Patane SH, Schneider ED, Swink TA, Taber EW: Effects of an instructional video and a warm-up period on the reliability of a submaximal exercise test. **Cardiopul Phys Ther J.** 1995;6:1.

Ambridge S, Tepper S, Gilbert W, Kyle R, Mundy J, Russo S. Reliability of submaximal graded exercise testing of male subjects with SCI using a wheelchair ergometer. **Cardiopul Phys Ther J.** 1995;6:4.

Shiffler M.A, Tepper SH, Bolig KH, Chesnek CA, Hann F, Snyder BM. Responses to sport specific training in adolescent females during one season of high school varsity basketball. **Cardiopul Phys Ther J.** 1996;7:4.

Eastep TD, Fritz AM, Horton DV, Williamson RD, Wolson AK, Tepper SH. The reliability of submaximal wheelchair ergometer exercise testing between normal & paraplegic males. **Cardiopul Phys Ther J.** 1996;7:4.

McBride PR, Williams KI, Duvall RV, Landino MD, Sobajian AM, Tepper SH. Long Term Satisfaction, Efficacy, Outcomes and Costs in Patients with Low Back Pain Receiving Physical Therapy. A Comparison between the Outpatient Hospital and Private Practice Settings. **JOSPT.** 1999.

Augustine MJ, Eagleton KJ, Graham DH, Koontz C, Marchetti G, Story SB, Sullivan WJ, Tepper SH. Reliability of ankle brachial pressure index measurements by physical therapists and physical therapy students. **Cardiopul Phys Ther J.** 1999;10:4.

Swisher AK, Johnston NL, Riggelman CA, Spurlock CM, Stratton JL, Utzman RR, Tepper SH. Perceived vs actual fitness and body mass index in college students. **Cardiopul Phys Ther J.** 2000;11:4.

Swingle A, Krause RA, Mamdani S, Robertson KK, Tepper SH. Fitness Levels of Physical Therapy Students Using Maximal Oxygen Consumption and Body Mass Index. **Cardiopul Phys Ther J.** 2000;11:4.

Snook CJ, Colombell M, Hayes SS, Pequignot JE, Swenson AM, McKeough DM, Augustine C, Tepper SH. The reliability of the six-minute walk test in subjects post-stroke: acute and chronic samples. **Cardiopul Phys Ther J.** 2001;12:148.

Holub C, Lamont M, Lombardo A, Pence T, Schultz G, McKeough D, Reeder J, Tepper S. The Reliability of the 6 MWT in Patients with End Stage Renal Disease. **WCPT Abstracts Booklet.** June 6 – 13, 2003, Barcelona, Spain.

INTERNET BASED COURSES

Endurance Impairments: Examination, Differential Diagnosis, and Interventions
Tepper SH. Time 4 hours 2001 for Rehab Max

Lower Extremity Large Vessel Disorders: Examination and Intervention Tepper SH.
Time: 1 hour 2001 for Rehab Max

Utilizing the *Guide to PT Practice* Guccione A, Tepper SH, 1 credit course for the t-DPT Programs, 2003, revised 2005 and 2007 for Rehab Essentials

Endurance Impairments, Differential Diagnosis and Interventions: a Case Based Approach Tepper SH. Time 12 hours 2004 for APTA CEU course

Basic EKG Interpretation Tepper SH. Time 5 hours 2004 for APTA CEU course

Evidenced Based PT Management: DVT/PE Ciccone C, Riddle D, Tepper S, Wells P.
Time 4 hours, 2005 for APTA CEU course

Screening for Medical Disorders Part 3 Tepper SH. 2 hours 2008 for APTA CEU course

Management of Patients with Cardiovascular and Pulmonary Disorders – Tepper S,
Jewell D, Humphrey R. 2 credit course for the t-DPT Programs, 2010 for Rehab
Essentials

Wellness and Health Promotion – Tepper S, Gamboa J, Humphrey R. 2 credit course for
tDPT Programs, 2010 for Rehab Essentials

LETTERS

Tepper, S.H. and Mergner, W.J.: Diagnostic criteria: Lymphatic vessels of the heart. Cor
Notes, 2, 1987.

EDITOR

APTA Cardiopulmonary Section Journal, 1991 to 2003.

Physical Therapy Practice, 1991 - 1994.

Issue Editor for the Physical Therapy Practice, Volume 1 Fall 1992, Cardiopulmonary
Physical Therapy.

GRANT SUPPORT

1981 Study of the effects of exercise on Plasma HDL, Bressler Research Grant, UMAB
Amount Awarded: \$4,000

1987 Foundation for Physical Therapy, Graduate Traineeship, Amount Awarded:
\$4,300

1987 Healing of Focal Myocardial Lesions in Nutritional Hypokalemia. Co Authored
with Dr. Mergner, Amount Awarded \$8,000

1989 The Effects of Neuromuscular Stimulation on Body Metabolism. Co Authored
with Dr. Gad Alon, Amount Awarded \$3,500

1990 Length Tension Relationship In Vivo Amount Awarded \$3,000

MAJOR RESEARCH INTERESTS

Myocardial recovery following focal injury due to dietary depletion of potassium.

Exercise and its effect on lipoprotein concentrations.

Exercise and its effects on the cardiovascular and respiratory systems.

Effects of electrical stimulation on lymphatic flow, wound healing and edema reduction.

Test-retest reliability or concurrent validity testing for various cardiovascular measurements.

MEMBERSHIP IN SCIENTIFIC/PROFESSIONAL HONORARY SOCIETIES

2008 – present	Member of the Physical Therapy Learning Institute
1988-2002	Member of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)
1988 – 1990	Member of the International Society of Lymphology
1977 - present	American Physical Therapy Association #20555
1983 - present	Cardiovascular and Pulmonary Section of the APTA
1979-1981	Maryland Kinesiological Society

POSITIONS HELD IN SCIENTIFIC/PROFESSIONAL HONORARY SOCIETIES

2001 – 2002	Ex-officio to the Cardiovascular and Pulmonary Section of the APTA
1998 – 2001	President of the Cardiovascular and Pulmonary Section of the APTA
1990 - 1998	Research Chair of the Cardiopulmonary Section of the APTA
1979-1981	Maryland Kinesiological Society - Program Chair 1980

CONSULTIVE AND ADVISORY POSITIONS HELD

Task Force Member on Content of Postbaccalaureate Entry Level Curricula (IMPACT Conferences) for the APTA, 1991 - 1993.

APTA member consultant for the Coalitions for Consensus I & II, April and June, 1994.

Member Consultant of the APTA on Consensus Conference on Content Feb 2-6, 1996.

Task Force Member on Clinical Practice Guidelines III for the APTA, 1998 - 2000.

Task Force Member on Transitional-DPT for the APTA, April & May, 2001.

Member Consultant on Consensus Conference on Professional Development Blueprint and General Board Credential, November 20 – 23, 2003.

Group of member experts (4) for Cardiovascular and Pulmonary Template for CONNECT – APTA, August 9 – 10, 2004.

Member consultant for Continued Competency in PT for the APTA, February 2005.

Member consultant for Strategic Planning for PT Education for the APTA, August 2005.

Member consultant for Continued Competency in PT for the APTA, September 2005.

Member consultant for CONNECT – test piloted the new APTA software for clinicians.

Member consultant for taskforce on “Wellness and Health Promotion” for the APTA, December, 4-5, 2006.

Council for Higher Education, State of Israel, visited the four Physical Therapy Programs, March 2006 and January 2007.

Coalition for the Prevention of Deep Venous Thrombosis, January 22nd, 2009.
Represented the APTA at the meeting.

National Physical Activity Plan, July 1 – 2, 2009. Represented the APTA at the meeting.

APTA Consultation Group for Peripheral Arterial Disease and Venous Practice Patterns, 2010.

Vascular Disease Foundation, September 14-15, 2011. Represented APTA at the meeting.

Agreed to work on Guidelines for Management of Persons with DVT/PE for the Cardiovascular and Pulmonary Section, 2012 - 2013.

COMMUNITY ACTIVITIES

Basic Cardiac Life Support (CPR) Instructor, 1983 - 1999.

SCIENTIFIC, PROFESSIONAL & CEU PRESENTATIONS (Last ten years)

“Prevention and Wellness” course at Utica College for tDPT Program, Feb. 11 – 12, 2006.

Management of Deep Venous Thrombosis, co-presenters Drs. Charles Ciccone and Daniel Riddle, APTA’s Combined Sections Meeting, San Diego, CA, Feb 2, 2006.

Pathology and Rehabilitation - Johns Hopkins Home Care, Feb 17 and 18, 2006.

Pathology and Rehabilitation, GREAT Seminars, Memphis, TN, March 4 & 5, 2006.

Pathology and Rehabilitation, GREAT Seminars, Billings, MT, April 1 & 2, 2006.

Professionalism – How to Practice Mindfully, Johns Hopkins Medical Center, Baltimore, MD, April 12, 2006.

Endurance Impairments in the Elderly, Care Rehabilitation Services, Baltimore, MD, April 21 & 22, 2006.

Pathology and Rehabilitation, GREAT Seminars, Las Vegas, NV, April 29 & 30, 2006.

Pathology and Rehabilitation, GREAT Seminars, Lewiston, ME, May 6 & 7, 2006.

APTA’s National Conference Concentrated Education Series - Resistance Training Across the Clinical Spectrum [Effect in Primary Prevention of Disease and Utilization in People With Cardiovascular Disease](#), June 24, 2006.

Pathology and Rehabilitation, GREAT Seminars, Honolulu, HI, July 15 & 16, 2006.

Health Promotion and Wellness in the Elderly, given to Five Star Rehabilitation and Wellness, Silver Spring, MD on August 3, 2006.

Pathology and Rehabilitation, GREAT Seminars, Huntington, WV, August 19 & 20, 2006.

Idaho State University “Cardiopulmonary Course” for entry-level PT program, August 23 – 28, 2006.

“Cardiovascular PT and Wellness” – 3 day course for tDPT Program at Daemen College, Buffalo, NY – September 8 – 9, 2006.

“Prevention and Wellness” course at Utica College for tDPT Program, September 10 – 11, 2006.

“Pathology and Rehabilitation,” GREAT Seminars, New York, NY, September 16 & 17, 2006.

Advanced Clinical Practice for the APTA “Advanced Exercise: Effective Testing and Interventions for the Complex Patient” Eastern Washington University, September 22 & 23, 2006.

Advanced Clinical Practice for the APTA “Deep Vein Thrombosis (DVT) and Peripheral Arterial Occlusive Disease (PAOD): Management of Patients with Lower Extremity Vessel Disorders” Eastern Washington University, September 24, 2006.

Advanced Clinical Practice for the APTA “Advanced Exercise: Effective Testing and Interventions for the Complex Patient” University of Illinois, October 7 & 8, 2006.

“Pathology and Rehabilitation,” GREAT Seminars, Minneapolis, MN, October 14 & 15, 2006.

Cardiopulmonary Management course at University of Northern Arizona for their tDPT Program, Flagstaff, AZ, October 20 – 21, 2006.

APTA’s Preview 2020, PT Management for CAD, CHF, DVT, PAOD and Diabetes. October 27 – 29, 2006.

“Pathology and Rehabilitation,” GREAT Seminars, Jacksonville, FL, November 4 & 5, 2006.

“Evidence-based Management of Patients with COPD and Diabetes” St. Barnabas Hospital, Livingston, NJ, November 18th, 2006.

“Endurance Impairments: Differential Diagnosis” Elon College for their entry-level PT Program, December 6 & 7, 2006.

“Pathology and Rehabilitation,” GREAT Seminars, St. Louis, MN, December 9 & 10, 2006.

Management of Patients with Cardiovascular Impairments, Catholic Health Care Services, Buffalo, NY, January 2 & 3, 2007.

“Prevention and Wellness” course at Utica College for tDPT Program, February 3 – 4, 2007.

Management of Patients with Cardiovascular Impairments, the Ohio State University, Columbus, OH, February 6 – 8, 2007.

Pathology and Rehabilitation, GREAT Seminars, Bristol, TN, February 9 & 10, 2007.

Endurance Impairments: Differential Diagnosis. Johns Hopkins Health System, February 24 & 25, 2007.

Wellness and Health Promotion, Delaware Physical Therapy Association, March 3rd, 2007.

Pathology and Rehabilitation, GREAT Seminars, Philadelphia, PA, March 17 & 18, 2007.

Advanced Clinical Practice for the APTA “Advanced Exercise: Effective Testing and Interventions for the Complex Patient” Belmont University, Nashville, TN, March 24 & 25, 2007.

Advanced Clinical Practice for the APTA “Deep Vein Thrombosis (DVT) and Peripheral Arterial Occlusive Disease (PAOD): Management of Patients with Lower Extremity Vessel Disorders” Belmont University, Nashville, TN, March 26, 2007.

Pathology and Rehabilitation, GREAT Seminars, Charleston, SC, April 21 & 22, 2007.

Advance Clinical Practice (ACP) Course for APTA, pre-conference course on “Identification and Intervention for the Obese Client across the Lifespan” with Dr. Reed Humphrey, June 26 & 27, 2007.

Plenary Session “Physical Fitness: Promoting Health and Wellness in All Patient/Client Populations” Moderator: Lisa L Culver, PT, DPT, MBA - Alexandria, VA
Speakers: Invited Speaker; Janet R Bezner, PT, PhD - Alexandria, VA; Lisa Chiarello, PT, PhD, PSC - Philadelphia, PA; Reed Humphrey, PT, PhD - Pocatello, ID; Marilyn Moffat, PT, DPT, PhD, FAPTA, CSCS - New York, NY; Pamela Scarborough, PT, MS, CDE, CWS - Dallas, TX; Steven H Tepper, PT, PhD - Monkton, MD, June 28, 2007.

“Management of Patients with Lower Extremity Vessel Disorders” Florida Physical Therapy Association, August 11, 2007.

“Cardiovascular PT and Wellness” – 3 day course for tDPT Program at Daemen College, September 7, 8, 2007

“Prevention and Wellness” course at Utica College for tDPT Program, September 9 & 10, 2007

Pathology and Rehabilitation, GREAT Seminars, Las Angeles, CA, September 29 & 30, 2007.

Pathology and Rehabilitation, GREAT Seminars, Winston-Salem, NC, October 13 & 14, 2007.

Advanced Clinical Practice for the APTA “Advanced Exercise: Effective Testing and Interventions for the Complex Patient” Hunter College, NY, NY, October 20 & 21, 2007.

Student Conclave for the APTA “Mindful Management of DVT” October 27, 2007.

“Pathology and Rehabilitation”, GREAT Seminars, Geneva, NY, November 3 & 4, 2007.

Management of Patients with CAD and CHF for St. Barnabas Hospital, Livingston, NJ, November 10, 2007.

Preview 2020 Advanced Exercise Prescription with Dr. Charles Ciccone, Phoenix, AZ, November 16 – 18, 2007.

Foundation for Long Term Care - New York Association of Homes and Services for the Aging, presentation on DVT and Physiological Parameters Worth Monitoring, November 30, 2007.

Pathology and Rehabilitation, GREAT Seminars, Lexington, KY, December 8 & 9, 2007.

Cardiovascular Disorders for the Ohio State University third year DPT students. February 11 – 15, 2008.

Pathology and Rehabilitation, GREAT Seminars, Atlanta, GA, February 22-23, 2008.

Pathology and Rehabilitation, GREAT Seminars, Carson City, NV, March 7 & 8, 2008.

Pathology and Rehabilitation, GREAT Seminars, Little Rock, AK, April 5 & 6, 2008.

Endurance Impairments – Differentials Diagnosis and Treatment, Bangor, ME, April 11 & 12, 2008.

Advanced Exercise: Effective Testing and Interventions for the Complex Patient, Blue Sky Therapies, Canton, OH, June 7, 2008.

Pathology and Rehabilitation, GREAT Seminars, Denver, CO, June 28 & 29, 2008.

Pathology and Rehabilitation, GREAT Seminars, Green Bay, WI, July 19 & 20, 2008.

Clinical Medicine and Pharmacology for George Washington University entry level DPT students, May 21 – August 13, 2008.

Endurance Impairment Differential Diagnosis: A Case Based Approach course for University of Maryland, DScPT students, June through August, 2008.

Pathology and Rehabilitation, GREAT Seminars, Boston, MA, August 16 & 17, 2008.

Management of Cardiopulmonary Dysfunction for George Washington University entry level DPT students, September 5 – October 10, 2008.

Cardiovascular PT and Wellness – 2 day course for tDPT Program at Daemen College, September 12 & 13, 2008.

Prevention and Wellness course at Utica College for tDPT Program, September 14 & 15, 2008.

Advanced Clinical Practice for the APTA “Advanced Exercise: Effective Testing and Interventions for the Complex Patient” George Washington University, Washington, DC, October 11 & 12, 2008.

Advanced Clinical Practice for the APTA “Lower Extremity Vessel Disorders” George Washington University, Washington, DC, October 13, 2008.

Preview 2020 Advanced Exercise Prescription, Washington Harbor, MD, October 31 – November 2, 2008.

Pathology and Rehabilitation, GREAT Seminars, Austin, TX, November 8 & 8, 2008.

Lower Extremity Vessel Disorders, St. Barnabas Hospital, Livingston, NJ, November 15th, 2008.

APTA Payers Conference - Physical Therapists Role in Management of Obesity, December 4 and 5, 2008.

Pathology and Rehabilitation, GREAT Seminars, Detroit, MI, December 6 & 7, 2008.

Prevention and Wellness Course at Utica College for tDPT Program, January 4 & 5, 2009.

Pathology and Rehabilitation, GREAT Seminars, Tacoma, WA, January 17 & 18, 2009.

Fitness/Aerobic Endurance Testing: a Case Based Approach, Combines Sections Meeting for APTA, February 12, 2009.

Physical Therapy Management of Patients with Deep Venous Thrombosis or Pulmonary Embolism, Webinar for Manor Care Rehabilitation, February 17, 2009.

Endurance Impairment: Differential Diagnosis, The Jackson Clinics, Arlington, VA, February 28, March 1, 2009.

Pathology and Rehabilitation, GREAT Seminars, New Britain, CT, March 14-15, 2009.

Pathology and Rehabilitation, GREAT Seminars, Wichita, KS, March 21-22, 2009.

Interpretation of EKG Abnormalities, AT Still University, March 23, 2009.

Advanced Exercise: Effective Testing and Interventions for the Complex Patient, AT Still University, March 24 – 25, 2009.

Pathology and Rehabilitation, GREAT Seminars, Newport News, VA, April 25-26, 2009.

Prevention and Wellness Course at Utica College for tDPT Program, May 3 & 4, 2009.

Pathology and Rehabilitation, GREAT Seminars, Miami, FL, April 16-17, 2009.

Pathology and Rehabilitation, GREAT Seminars, Stanford Medical Center, Palo Alto, CA, May 30-31, 2009.

Prevention and Wellness: Practical Strategies in Clinical Practice to Manage Diabetes and Metabolic Syndrome, ACP pre-Conference Course, APTA National Conference, with Reed Humphrey, Baltimore, MD, June 9-10, 2009.

Pathology and Rehabilitation, GREAT Seminars, Greensboro, NC, July 18 – 19, 16, 2009.

Webinar for Manor Care, Inc. – Management of Patients with CHF, August 11, 2009.

Prevention and Wellness Course at Utica College for tDPT Program, August 30 & 31, 2009.

Cardiovascular PT and Wellness – 1 day course for tDPT Program at Daemen College, September 12, 2009.

Management of Patients with CAD/CHF – 1 day course Buffalo, NY, September 19, 2009.

Advanced Clinical Practice for the APTA “Advanced Exercise: Effective Testing and Interventions for the Complex Patient” Somerville, NJ, September 25 & 26, 2009.

Advanced Clinical Practice for the APTA “Deep Vein Thrombosis (DVT) and Peripheral Arterial Occlusive Disease (PAD): Management of Patients with Lower Extremity Vessel Disorders” Somerville, NJ, September 27, 2009.

Arizona State Physical Therapy Association State Conference – Wellness/Health Promotion, “Can You Spare 30 Minutes for Health,” “Synergistic Effect of Obesity and Diabetes” and “Client Cases” October 3 – 5, 2009.

Alaska State Physical Therapy Association State Conference – Pathology and Rehabilitation, Anchorage, AK, October 10-11, 2009.

Ohio State Physical Therapy Association State Conference – “Obesity/Metabolic Disorders Management,” “Endurance Impairments – Exercising the Complex Patient”

and “Evidence Based Practice for Deep Venous Thrombosis and Pulmonary Embolism”
October 15 – 17, 2009.

New York State Physical Therapy Association State Conference – “Endurance
Impairments – Exercising the Complex Patient,” Saratoga Springs, NY, October 23,
2009.

Pathology and Rehabilitation, GREAT Seminars, Boise, ID, November 7-8, 2009.

Wellness and Health Promotion, St. Barnabas Hospital, Livingston, NJ, November 14,
2009.

Rehabilitation Following Common Medical Pathologies, GREAT Seminars, Boise, ID,
November 7-8, 2009.

Rehabilitation Following Common Medical Pathologies, GREAT Seminars, Peoria, IL,
December 5-6, 2009.

Wellness and Health Promotion, Utica College, Utica, NY, January 10-11, 2010.

Cardiovascular Rehabilitation, Summit Center, Flagstaff, AZ, February 21-23, 2010.

Rehabilitation Following Common Medical Pathologies, GREAT Seminars, Portland,
OR, February 27-28, 2010.

Exercise for the Medically Complex Patient, Oregon Physical Therapy State Meeting in
Eugene, OR, March 13-14, 2010.

Exercise for the Medically Complex Patient, St. Barnabas Hospital, Livingston, NJ, April
10-11, 2010.

Rehabilitation Following Common Medical Pathologies, GREAT Seminars, Portland,
OR, February 27-28, 2010.

Worked with faculty members at University of Denver on teaching methodology and
presentation of exercise physiology, measurement of endurance impairments and lower
extremity vessel disorders, Denver, CO, May 6-7, 2010.

Rehabilitation of Common Medical Pathologies, Washington DC Chapter Conference,
May 15-16, 2010.

Exercise for the Medically Complex Patient, Seattle, WA, June 3-4, 2010.

Team leader for the Oxford Debate Opposing “Grandfathering of DPT to All Therapist”
with Carl DeRosa and Joe Black, at the APTA National Conference, Boston, MA, June 18,
2010.

Contraindications or Termination Points for Exercise, at the APTA National Conference, Boston, MA, June 19, 2010.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Nashville, TN, June 26-27, 2010.

Exercise Interventions for the Medically Complex Patient, Advance Clinical Practice Course for the APTA, Providence, RI, July 10-11, 2010.

Cardiovascular and Pulmonary Rehabilitation, Lehigh Valley Hospital, Lehigh Valley, PA, August 5-6, 2010.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Oxford, MS, August 14-15, 2010.

Wellness and Health Promotion, Utica College, Utica, NY, August 29-30, 2010.

Cardiovascular and Pulmonary Pathology, Sage University, Troy, NY, September 17, 2010.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Atlantic City, NJ, September 25-26, 2010.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Jefferson City, MO, October 16-17, 2010.

Exercise Interventions for the Medically Complex Patient, Advance Clinical Practice Course for the APTA, Pomona, CA, October 21-22, 2010.

Fun Fitness Testing, National Student Conclave, Cherry Hill, NJ, October 29, 2010,

Prevention and Wellness: Practical Strategies in Clinical Practice to Effectively Prevent and Manage Metabolic Disease, with Dr. Reed Humphrey for Fairview Medical Center, Minneapolis, MN, November 13–14, 2010.

Exercise for the Medically Complex Patient, St. Barnabas Hospital, Livingston, NJ, November 20-21, 2010.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Philadelphia, PA, December 4-5, 2010.

Wellness and Health Promotion, Utica College, Utica, NY, January 9-10, 2011.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Kessler Rehabilitation, West Orange, NJ, January 22-23, 2011.

Wellness and Health Promotion pre-conference Course at Combined Sections Meeting for the Orthopedic Section, with Drs. Carl DeRosa, Jenifer Gamboa, & Reed Humphrey, New Orleans, February 8-9, 2011.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Las Vegas, NV, March 12-13, 2011.

Contraindications or Termination Points for Exercise, St. Barnabas Hospital, Livingston, NJ, April 2, 2011.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, New Rochelle, NJ, April 9-10, 2011.

Advanced Clinical Practice for the APTA “Advanced Exercise: Effective Testing and Interventions for the Complex Patient” Portland, OR, April 16-17, 2011.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Lake Charles, LA, May 13-14, 2011.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Kansas City, KA, May 21-22, 2011.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Dubuque, IA, July 30-31, 2011.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Tuscaloosa, AL, August 6-7, 2011.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Cheyenne, WY, August 13-14, 2011.

Wellness and Health Promotion, Utica College, Utica, NY, August 28-29, 2011.

Advanced Clinical Practice for the APTA “Advanced Exercise: Effective Testing and Interventions for the Complex Patient” Jacksonville, FL, September 17-18, 2011.

Phase 3 & 4 Cardiac Rehabilitation for Kitsap Rehabilitation, Poulsbo, WA, September 24-25, 2011.

Advanced Exercise: Effective Testing and Interventions for the Patient for The Jackson Clinics, Reston, VA, October 8-9, 2011.

Cardiopulmonary Course for Entry Level DPT Program at University of Vermont, Burlington, VT, October 17-20, 2011.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Indianapolis, IN, November 5-6, 2011.

Professionalism Seminar, for tDPT Program, University of South Florida, Tampa, FL, November 12-13, 2011.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, San Diego, CA, December 3-4, 2011.

Exercise Physiology Course (focus on Cardiovascular) at University of Delaware for Entry Level DPT Program, January 3 – 10, 2012.

Cardiovascular Course for University of North Florida Entry Level DPT Program, January 11 – 13, 2012.

Cardiovascular and Pulmonary Course for Physiotherapists at Addis Ababa University, Addis Ababa, Ethiopia, January 18 – February 1, 2012.

Cardiovascular Course for Entry Level DPT Students at the Ohio State University, February 13 – 16, 2012.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, San Luis Obispo, CA, February 25-26, 2012.

Executing a Standardized Annual Physical Therapy Wellness Visit, with Jennifer Gamboa, DPT, OCS, for APTA of Maryland, March 10, 2012.

Cardiovascular and Pulmonary Course for Entry Level Students at Mercer University, Atlanta, GA, March 12 – 16, 2012.

Contraindications and Termination Points for Activity/Exercise to Therapists at Piedmont Hospital, Stockbridge, GA, March 15, 2012.

Contraindications and Termination Points for Activity/Exercise to Entry Level DPT Students at AT Still University, Mesa, AZ, March 23, 2012.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Phoenix, AZ, March 24-25, 2012.

Advanced Clinical Practice for the APTA “Advanced Exercise: Effective Testing and Interventions for the Complex Patient” Lancaster, PA, April 14-15, 2012.

Advanced Exercise: Effective Testing and Interventions for the Complex Patient for the APTA of New Hampshire, Nashua, NH, April 21-22, 2012.

Professionalism Seminar, for tDPT Program, University of Montana, Missoula, MT, May 18-19, 2012.

The Standardized Physical Therapy Wellness Visit: Background and Best Practices of Exercise Prescription, Parts 1-3, with Jennifer Gamoba, DPT, OCS, Annual APTA Conference, Tampa, FL, June 8-9, 2012.

Invited to be Keynote Speaker at APTA's National Student Conclave, Arlington, VA, November 2, 2012.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Springfield, IL, December 8-9, 2012.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Madison, WI, March 16-17, 2013.

Management of Persons with Lower Extremity Vessel Disorders: DVT/PE and PAD, for Gentiva, Princeton, NJ, March 21, 2013.

Management of Persons with Lower Extremity Vessel Disorders: DVT/PE and PAD, for physical therapists at Alleghany Community College, April 5th, 2013.

Management of Persons with Cardiovascular Disease, for St. Ann's Community, Rochester, NY, April 10-11, 2013.

Rehabilitation of Common Medical Pathologies, for physical therapists in Boone, NC, April 20-21, 2013.

Management of Persons with Lower Extremity Vessel Disorders: DVT/PE and PAD, for Gentiva, Tacoma, WA, June 1, 2013.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, South Bend, ID, June 22-23, 2013.

Management of Persons with Lower Extremity Vessel Disorders: DVT/PE and PAD, for University of Northern Arizona Alumni Meeting, August 3, 2013.

Cardiovascular and Pulmonary Pathology, for Sage College, August 30, 2013.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Albuquerque, NM, September 21-22, 2013.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Charlotte, NC, October 19-20, 2013.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Lexington, KY, November 2-3, 2013.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Sacramento, CA, December 7-8, 2013.

Rehabilitation of Common Medical Pathologies, for Lehigh Valley Medical Center, February 22-23, 2014.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, March 15-16, Miami, FL, 2014.

Management of Persons with Endurance Impairments, March 29-30, 2014, The Jackson's Clinic, Reston, VA.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, April 5-6, 2014, Harrisburg, PA.

Professionalism Seminar, University of Montana, tDPT Program, April 26-27, 2014, Missoula, MT.

Annual Physical Therapy Checkup, presented at the APTA's NEXT Conference, May 12-13, 2014, Charlotte, NC.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, September 19-20, 2014, Albany, NY.

Management of Patients with Lower Extremity Vessel Disorders: Deep Venous Thrombosis/Pulmonary Embolus (DVT/PE) and Peripheral Arterial Disease (PAD), State PT Conference of Washington, October 10, 2014, Seattle, WA.

Professionalism Seminar, University of South Florida, tDPT Program, November 8-9, 2014, Tampa, FL.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, November 15-16, 2014, Denver, CO.

Management of Persons with Cardiovascular Disease, Entry-level DPT Students, the Ohio State University, December 3-5, 2015.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, December 6-7, 2014, Cleveland, OH.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, February 28 March 1, 2015, Baltimore, MD.

Evaluation and Intervention for Adults with Endurance Limitations: Evaluation and Interventions Across Multiple Settings, given at Moss Rehabilitation - Einstein Medical Center, March 28-29, 2015, Philadelphia, PA.

Professionalism Seminar for tDPT students at University of Montana, May 30 - 31, 2015.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, June 27 - 28, 2015, Oklahoma City, OK.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, August 15 - 16, 2015, Tacoma, WA.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, September 19 - 20, 2015, Kissimmee, FL.

Advanced Exercise Prescription, for Rutgers University, March 5 – 6, 2016.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, March 12-13, 2016, Hawthorne, NJ.

Management of Persons with VTE, presented for Virginia Commonwealth University for their Marquette Challenge, March 19, 2016.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, April 16 - 17, 2016, Des Moines, IA.

Wellness Health Promotion, given to the California Physical Therapy Association, presented with Jennifer Gamboa, in Santa Barbara, CA, April 23 – 24, 2016.

Professionalism Seminar at Northern Arizona University, Flagstaff, AZ, with Carole Lewis, Helene Fearon, Carl DeRosa, August 15 – 17, 2016.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, September 17-18, 2016, Little Rock, AR.

Management of Patients with Common Medical Pathologies - DVT, PAD, COPD, MI, CHF and Diabetes, for the Maine Physical Therapy Association, September 24 – 25, 2016.

“A Brave New World in PT Education: A Case for Variance Reduction in Instruction” Educational Leadership Conference, Phoenix, AZ, October 8, 2016.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Idaho Falls, ID, October 15-16, 2016.

AcuTeach Roundtable Discussion Keynote Address – Academic and Clinical Teaching in Acute Care. CSM – APTA, Feb 18, 2017, San Antonio, TX.

Rehabilitation of Common Medical Pathologies, for GREAT Seminars, Las Vegas, NV, ID, April 29-30, 2017.

Management of Persons with Cardiovascular Disorders, [Kenya Medical Training College in Nairobi \(KMTC\)](#), June 19 – 30, 2017, Nairobi Kenya.

Blackinton MT¹, Deutscher D², Horn C³, Tepper S^{4*}, Wruble Hakim E⁵. Variance Reduction in Physical Therapy Education, presented at WCPT, July 2, Cape Town South Africa.

HONORS AND AWARDS

- 1979 Graduating with Honors in Research, UMAB
- 1979 Who's Who in American Colleges
- 1983 Outstanding Faculty Award, University of Maryland.
- 1986 Outstanding Faculty Award, University of Maryland.
- 1989 Annual Independent Research Award, University of Maryland.
- 1991 Annual Independent Research Award, University of Maryland.
- 1992 Annual Independent Research Award, University of Maryland.
- 1992 Outstanding Faculty Award, University of Maryland.
- 1995 Best Platform Presentation - CSM APTA Cardiopulmonary Section. Kinematic analysis of treadmill accommodation after a warm-up on increasing the reliability of submaximal exercise testing.
- 1999 Cardiopulmonary Sections Linda Crane Merit Award
- 2000 Awarded “Exemplary Training in Cardiopulmonary Physiology and Rehabilitation” from Rehabilitation Medicine Department, National Institutes of Health.
- 2001 Awarded the “Wilkins Award” for service to the Shenandoah University.

- 2003 “Alumnus of the Year” in recognition of outstanding achievements in the field of physical therapy, presented by University of Maryland, October, 2003.
- 2005 Represented the APTA to Medicare Coverage Advisory Committee at Centers for Medicare/Medicaid for promotion of healthy lifestyle for prevention of heart disease and diabetes.
- 2005 Robert C Bartlett Innovation in Fundraising Award by the Foundation for Physical Therapy, presented at APTA’s National Conference, Boston, MA, June 2005.
- 2006 Represented the APTA to Centers for Medicare/Medicaid regarding Cardiac Rehabilitation, January 12, 2006.
- 2007 Outstanding Service Award from Geriatric Rehabilitation Education and Training Institute (GREAT). Presented January 27th, 2007.
- 2013 Received the Lucy Blair Service Award form the APTA in Salt Lake City, June 27, 2013.
- 2014 Received the Outstanding Lecturer Award from GREAT Seminars and Books, January 25, 2014.
- 2016 Awarded the Charles M. Magistro Distinguished Service Award from the Foundation for Physical Therapy at NEXT in Nashville, TN, June.
- 2016 Awarded the Catherine Worthingham Fellowship from the APTA at NEXT in Nashville, TN, June.

CONTINUING EDUCATION WORKSHOPS ORGANIZED

IMPACT Conference - Content of Post baccalaureate Entry Level Curricula for the American Physical Therapy Association, Baltimore, Task Force Member and Site Coordinator, September 1992.

CAMPUS ACTIVITIES

- 1985 - 1992 Co-facilitator for Intimate Human Behaviors Course- School of Medicine and the Minimester Course
- 1987 - 1989 School of Medicine Judicial Board
- 1988 - 1993 Healthwatch Advisory Board, Campus Newsletter, University of Maryland.

- 1989 - 1993 Booker T. Washington Career Club
- 1989 - 1993 Health Watch Newsletter, Editor and Contributor, University of Maryland.
- 1988 - 1993 Assist with Health Fairs, University of Maryland.
- 1991 - 1993 UMAB Community Volunteer Program, University of Maryland.
- 1993 - 2001 Evaluation Committee, School of Health Professions, Shenandoah University.
- 1993 - 2000 Curriculum Committee, Program of Physical Therapy, Co-Chair, Shenandoah University.
- 1996 – 2000 Chair Faculty Development Committee, Shenandoah University.
- 1998 – 2002 Honor Review Board for the Honor Court, Shenandoah University.
- 2001 – 2003 Chair of Health Professions Council, Shenandoah University.