

Curriculum Vitae: Julie Stutzbach, PT, DPT, PhD
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Education

- 2018-2022 **University of Colorado Anschutz Medical Campus**, Aurora, CO
- *Doctor of Philosophy in Rehabilitation Science*
- 2012-2014 **Chatham University**, Pittsburgh, PA
- *Doctor of Physical Therapy*
- 2006-2010 **Beloit College**, Beloit, WI
- *Bachelor of Science in Biology*
 - Summa cum laude with departmental honors

Licensure/Certification

- 2018-present State of CO Dept. of Regulatory Agencies Physical Therapy License # PTL.0015705
- 2016-2018 State of California Board of Physical Therapy
- 2015-2016 State of Pennsylvania Board of Physical Therapy

Professional Experience:

- 2022-present** Regis University- School of Physical Therapy
Assistant Professor
- Providing course instruction for multiple courses in the Doctorate of Physical Therapy Program with a focus on the neuromuscular rehabilitation track
 - Serving on Regis University PT Research Committee, Rueckert-Hartman School of Health Professions Service Learning Committee, and School of PT Climate Committee
 - Advising DPT students on academic progress
 - Pursuing scholarship agenda on improving rehabilitation for adults with neurodevelopmental disabilities
- 2018-2022** University of Colorado School of Medicine- Anschutz Medical Campus, Aurora, CO
PhD candidate
- Assisted with research projects on high-intensity interventions and physical activity for medically complex older adults.
 - Served as clinical coordinator for a large, NIH R01 randomized controlled trial examining the benefits of high-intensity interventions in the home health setting.
 - Developed and implemented new lines of research to evaluate determinants of physical activity for medically complex older adults using mixed methods. Implemented an intervention to improve physical activity in skilled nursing facilities, to complete dissertation work.
 - Served as teaching assistant for DPT courses including Neuromuscular I, Neuromuscular II, Neuromuscular III, and Applied Exercise Science. Teaching duties included developing new lecture content, leading laboratory activities, evaluating student performance through exam development, and managing online learning platforms.
- 2016-2018** Saint Mary's Medical Center/Dignity Health- San Francisco, CA
Physical Therapist II
- Provided excellent patient care in a hospital-based adult outpatient clinic.
 - Specialized in rehabilitation for patients with neurological dysfunction including vestibular disorders, stroke, parkinsonism, cerebral palsy, peripheral neuropathy, spinal cord injury, and multiple sclerosis.
 - Certified in advanced techniques for improving mobility in patients with Parkinson's disease (LSVT BIG & PWR).
 - Assisted and educated inpatient therapists for vestibular rehab, dementia, stroke and parkinsonism.

- 2015-2015** Kaiser Permanente Medical Center, Outpatient Rehabilitation- San Francisco, CA
Contract Physical Therapist
- Treated patients with a wide variety of orthopedic, neurological and cardiopulmonary dysfunctions.
 - Provided care to a spectrum of patients from high-level athletes to older adults with mobility difficulties.
- 2015-2015** Contracosta Medical Center- Pittsburg, CA
Traveler Physical Therapist
- Saw patients with orthopedic, cardiopulmonary, neurological, and post-surgical issues in an outpatient hospital clinic.
 - Gained experience with electronic medical records for documenting patient notes.
- 2015-2015** Allegheny Chesapeake Physical Therapy- Pittsburgh, PA
Coverage physical therapist
- Efficiently split time between seven outpatient physical therapy clinics.
 - Developed strong proficiency in manual and aquatic therapy for patient rehabilitation.
 - Supervised and mentored numerous PT aides and assistants with varying levels of experience.
- 2010-2012** University of Pennsylvania Health System, Neurology Department- Philadelphia, PA
Community Outreach/Research Coordinator
- Coordinated outreach programs for patients with movement disorders including dance classes, educational symposia, and support groups in underserved communities.
 - Developed and ran community educational programs for older adults about fall prevention and neurodegenerative diseases.
 - Performed primary research on health disparities in Parkinson's disease, resulting in academic publication.

Peer-Reviewed Publications

- **Stutzbach J**, Gustavson AM, Derlein D, Forster J, Boxer RE, Stevens-Lapsley JE. Skilled Nursing Facility Residents Demonstrate Sedentary Behavior and Low Physical Activity During and After Discharge. *Disability and Rehabilitation*. 2021; doi: 10.1080/09638288.2021.1892838 (*In press*).
- **Stutzbach J**, Jones J, Burke B, Recicar J, Taber A, Stevens-Lapsley JE. A Systems Approach is Needed for In-Hospital Mobility: A Qualitative Metasynthesis. *Archives of Physical Medicine and Rehabilitation*. 2021; 102(5):984-998. doi: 10.1016/j.apmr.2020.09.370.
- Gustavson AM, LeDoux C, **Stutzbach J**, Miller M, Seidler K, Stevens-Lapsley JE. Mixed-Methods Approach to Understanding Determinants of Practice Change in Skilled Nursing Facility Rehabilitation: Adapting to and Sustaining Value With Postacute Reform. *Journal of Geriatric Physical Therapy*. 2021; 44(2):108-118. doi: 10.1519/JPT.0000000000000288.
- Pan S, **Stutzbach J**, Reichwein S, Lee BK, Dahodwala N. Knowledge and attitudes about Parkinson's disease among a diverse group of older adults. *J Cross Cult Gerontol*. 2014; 29(3):339-52. doi: 10.1007/s10823-014-9233-x.

Conference & Invited Presentation

- 2019-2021 Guest speaker for Continuing Education course. *Exercise Prescription for Older Adults with Hospital-Associated Deconditioning*. University of Colorado. Aurora, CO.
- 2019 Guest speaker for Continuing Education course: Marquette Lecture. *Rehabilitation Strategies for Patients with Advanced Dementia*. University of Colorado. Aurora, CO.

- 2019 Guest speaker for Continuing Education course: VA GeriScholars. *PT Management: Advanced Dementia*. University of Colorado. Aurora, CO.
- 2019 Guest Speaker for Continuing Education course. *Administration and Interpretation of Standardized Outcome Measures*. Aviva Skilled Nursing Facility. Aurora, CO.
- 2018 Guest speaker for Continuing Education Course. *Interpretation and Implementation of the Short Physical Performance Battery*. InnovAge. Lakewood, CO.
- 2014 Elected student commencement speaker for Chatham University Doctor of Physical Therapy graduation ceremony. Pittsburgh, PA.

Published and Unpublished Abstracts

- 2021 **Stutzbach J**, Jones J, Recicar J, Taber A, Burke B, Will R, Stevens-Lapsley JE. Competing Priorities and Differential Expectations: A Qualitative Metasynthesis on Mobility for Hospitalized Older Adults. American Physical Therapy Association Combined Sections Meeting. Kay Shephard Qualitative Research Forum. 2021. (Platform). Virtual.
- 2020 **Stutzbach J**, Nearing K, Gustavson, A, Derlein D, Hare K, Stevens-Lapsley JE. High-Intensity Rehabilitation plus Mobility: An Interprofessional Approach to Getting Veterans Moving in Skilled Nursing Facilities. Colorado Pragmatic Research in Health Virtual Conference. 2020. (Poster). Aurora, CO.
- 2020 **Stutzbach J**, Gustavson, A, Derlein D, Ruse R, Shelton S, Blankenship J, Stevens-Lapsley JE. Skilled Nursing Facility Residents Demonstrate Sedentary Behavior and Low Physical Activity During and After Discharge. American Physical Therapy Association Combined Sections Meeting. 2020. (Poster). Denver, CO.
- 2020 Cheuy V, **Stutzbach J**, Gustavson A, Currier D, Jansen M, Baker J, Stevens-Lapsley J. Physical Activity and Sedentary Behaviors Among Older Adults Receiving Home Health Care. American Physical Therapy Association Combined Sections Meeting. 2020. (Platform). Denver, CO.
- 2020 LeDoux C, **Stutzbach J**, Jansen M, Magnusson D, Stevens-Lapsley JE. Perceived Barriers to Physical Activity in Sedentary Patients with Total Knee Arthroplasty. American Physical Therapy Association Combined Sections Meeting, Health Policy & Administration Section. 2020. (Platform), Denver, CO.
- 2019 **Stutzbach J**, Gustavson A, Derlein D, Ruse R, Shelton S, Roat B, Stevens-Lapsley J. Skilled Nursing Facility (SNF) Residents Demonstrate Low Physical Activity Both During and After a SNF Stay. Colorado VA Research Days. 2019. (Poster). Aurora, CO.
- 2019 Derlein D, **Stutzbach J**, Burrows K, Will R, Mitchell M, Smith D, Williams D, Clemens T, Stevens-Lapsley J. Patients with Hospital-Associated Deconditioning Demonstrate High Fear of Falling, Low Gait Speed Reserve, and Profound Physical Function Deficits. VA Research Days. 2019. (Poster). Aurora, CO
- 2019 **Stutzbach J**, Falvey J, Burrows K, Derlein D, Will R, Nordon-Craft A, Golden S, Currier D, and Stevens-Lapsley JE. Social Determinants of Health and Hospital-Associated Deconditioning. Post-Acute Care Conference. 2019. (Poster). Aurora, CO.
- 2012 **Stutzbach J**, Reichwein S, Dahodwala N. Dance for PD in Philadelphia: Empowering Patients with Parkinson's Disease. Sylvia M Cohan Institute on Aging Annual Retreat. 2012. (Poster). Philadelphia, PA.

2012 Pan S, **Stutzbach J**, Reichwein S, Dahodwala N. Understanding knowledge, attitudes, and beliefs about Parkinson's disease in the Philadelphia community - A cross cultural comparison. American Academy of Neurology. 2012 (Poster). New Orleans, LA.

2011 **Stutzbach J**, Reichwein S, Dahodwala N. Creating an Accessible Brain Health Educational Program for Seniors Across Philadelphia. Sylvia M Cohan Institute on Aging Annual Retreat. 2011. (Poster). Philadelphia, PA.

2009 **Stutzbach, J**, Salus-Rodriguez, M, Eulgem, T. Identification and Characterization of Small Molecules that Induce Plant Immunity. Midstates Poster Symposium Meeting. October 2009. St. Louis, MO.

Funding Support

- 2018-2021 **University of Colorado Rehab Scholar Award**
Role: PhD student
Major Goal: Supports PhD training for clinician-scientists in rehabilitation.
- 2019-2020 **Foundation for Physical Therapy Promotion of Doctoral Studies I**
Role: Trainee
Major Goal: Supports PhD training in the areas of interest to the field of physical therapy.
- 2019-2020 **NIH T32 Integrative Physiology of Aging Training Grant (T32AG000279-16A1)**
Role: Trainee
Major Goal: Two years of research/tuition support for pre-doctoral training in aging studies.
- 2018-2019 **Foundation for Physical Therapy Florence P. Kendall Award**
Role: Trainee
Major goal: Supports PhD training in the areas of interest to the field of physical therapy.
- 2011 **The National Parkinson Foundation- Philadelphia Chapter Grant**
Role: Community Outreach and Research Coordinator
Major Goals: To encourage the development of innovative community outreach projects that will help to make a distinct impact on the quality life for patients with PD in the greater Philadelphia area. To identify racial, cultural, and socioeconomic disparities in diagnosis and treatment of patients with PD.
- 2012 **Penn Medicine CAREs grant**
Role: Community Outreach and Research Coordinator
Major goals: To provide funding for Philadelphia area community outreach programs and determine their benefits to the community. To provide funding for Dance for PD programs in the Philadelphia area including participant scholarships and data collection to determine the benefits of the Dance for PD program on participants' quality of life.
- 2007 **Bacon Super-vision Fund Fellowship**
Role: Conservation intern
Major Goals: To support paid summer internships for participation in the Native Plant Corp, working to manage exotic plant species in Golden Gate National Recreation Area and evaluate outcomes of exotic plant eradication efforts.

Honors and Awards

2019 Foundation for Physical Therapy Promotion of Doctoral Studies I

2018	Foundation for Physical Therapy Florence P. Kendall Scholarship
2018	University of Colorado Integrative Physiology of Aging T32 Award
2018	University of Colorado- Denver Rehabilitation Scholar Award
2014	Chatham University DPT Program Peer Recognition Award Runner Up
2012	National Parkinson Foundation- Philadelphia Chapter, Outreach/Education Honoree
2011	UPenn Institute on Aging Poster Session Award: 2 nd place
2010	Summa cum laude with departmental honors in Biology, Beloit College
2010	Phi Beta Kappa Honors Society
2009	Carl Welty Scholarship for Excellence in Biology
2009	Platform presenter: Beloit College International Student Symposium
2007-2010	Academic All-Midwest Conference Cross Country and Track and Field Team

Professional Organizations

2014-present	American Physical Therapy Association (APTA) <ul style="list-style-type: none"> • Academy of Geriatric Physical Therapy • Section on Research • Academy of Neurological Physical Therapy • Pennsylvania Chapter (2015) • California Chapter (2016-2017) • Colorado Chapter (2018-present)
2009-2010	Mortar Board National Honor Society

Teaching

2022-present	Assistant professor: Regis University School of Physical Therapy Courses: Neuromuscular Conditions II, PT Examination, Professional Inquiry Series, Neuroscience, Examination of Movement Systems, Differential Diagnosis, Evidence-Based Practice series, Applied Physiology <ul style="list-style-type: none"> • Assisting and leading laboratory sessions with DPT students • Providing lecture content on topics related to neurorehabilitation
2019-2021	Teaching Assistant: University of Colorado Physical Therapy Program Courses: Neuromuscular Conditions I, II, and III: University of Colorado Doctor of Physical Therapy Program <ul style="list-style-type: none"> • Teaching assistant for laboratory content related to vestibular disorders, traumatic brain injury, cerebral palsy, stroke, inpatient management, Parkinson's disease, and concussion. • Assisted with management of Canvas online learning platform.
2019-2021	Teaching Assistant: University of Colorado Physical Therapy Program Course: Applied Exercise Physiology: University of Colorado Doctor of Physical Therapy Program <ul style="list-style-type: none"> • Assisted with course material preparation including interactive case demonstrations and new lecture content related to high intensity interval training and power training. • Developed and lead lab activities. • Assisted with grading and exam development • Managed Canvas online coursework platform.
2018	Clinical instructor <ul style="list-style-type: none"> • Served as primary clinical instructor in outpatient neurological rehab clinic.

2009

Teaching Assistant

Courses: Genetics, Zoology: Beloit College

- Assisted with curriculum development.
- Oversaw and graded laboratory activities.
- Provided regular help sessions for undergraduate students.

Service

2022-Present

Rueckert-Hartman School of Health Professions Service Learning Committee

2022-Present

Regis University School of Physical Therapy Team Climate Committee

2022-Present

Regis University School of Physical Therapy Research Committee

2022-Present

Academy of Neurological Physical Therapy, American Physical Therapy Association
Research Committee Combined Sections Meeting Poster/Platform Abstract
Reviewer

2019-2022

Academy of Neurological Physical Therapy, American Physical Therapy Association
Combined Sections Meeting Programming Committee

- Reviewed abstract submissions for educational sessions.
- Provided logistical assistance and onsite support for speakers and panelists.

2018-present

Chatham University Alumni Advisory Panel

- Providing oversight and consultation for development of Chatham University
Doctor of Physical Therapy Program.

2021

Think Like a Scientist Volunteer Program

- Lead 5th grade students through experiments to explain the scientific method.
- Provided education to young students on physical therapy as a profession.

2013-2014

Chatham University Safety for Seniors

- Served as student liaison for DPT student and community organizations.
- Performed regular safety checks for seniors living in the Pittsburgh
community.