

Larisa Reed Hoffman, PT, PhD
Associate Professor, School of Physical Therapy
Regis University
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Denver, Colorado 80221

Contact Information

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Education

PhD Degree
Institution Name and Address: University of Miami, Miami, FL
Concentration of Study: Physical Therapy
Year of Graduation: 2008
Dissertation Title: Practice Dependent Plasticity
Advisor: Dr. Edelle Field-Fote

Master's Degree
Institution Name and Address: University of Miami, Miami, FL
Concentration of Study: Physical Therapy
Year of Graduation: 2000

Bachelor of Science Degree
Institution Name and Address: University of Puget Sound, Tacoma, WA
Concentration of Study: Biology
Year of Graduation: 1998

Licensure and Certification

Colorado Physical Therapist License active # 9960;
Licensed by State Physical Therapy Board in 2008-Present

Florida Physical Therapist Inactive; #PT 20637
Licensed by State Physical Therapy Board in 2003-2008

Washington Physical Therapist Inactive; #025208 PT00008433
Licensed by State Physical Therapy Board in 2001-2003

Employment History

Associate Professor

Duration (from March, 2013 to Present)

Regis University; Denver, Colorado

Assistant Professor

Duration (from April, 2008 to March, 2013)

Regis University; Denver, Colorado

Physical Therapist

Duration (from April, 2008 to August, 2014)

Children's Physiotherapy Alliance; Evergreen, Colorado

Physical Therapist and Doctoral Student

Duration (from September, 2004 to February, 2008)

The Miami Project to Cure Paralysis, Neuromotor Rehabilitation Lab

University of Miami; Miami, Florida

Physical Therapist for Children

Duration (from January, 2003 – March 2008)

Children's Therapies Incorporated; Jupiter, Florida

Physical Therapist and Family Resource Coordinator for Infants and Toddlers

Duration (September, 2001 – December, 2003)

Holly Ridge Center's Infant Toddler Program, Neurodevelopmental Center; Bremerton, WA

Physical Therapist in Acute Care Trauma Center

Duration (March, 2001 – December, 2002)

Harborview Medical Center; Seattle, Washington

Honors and Awards

Graduating Class in the School of Physical Therapy at Regis University

Excellence in Teaching Award in 2020

Awards Committee for Rueckert Hartman College for Health Professionals

Senior Teaching Award in 2018

Graduating Class in the School of Physical Therapy at Regis University

Excellence in Teaching Award in 2018

Graduating Class in the School of Physical Therapy at Regis University

Excellence in Teaching Award in 2017

Graduating Class in the School of Physical Therapy at Regis University

Excellence in Teaching Award in 2015

American Physical Therapy Association's

Dorothy Brigg's Memorial Scientific Inquiry Award in 2008

Scholarly Activities: Publications

Publications in a Referred Journal

1. **Hoffman LR**, Koppenhaver SL, MacDonald CW, Herrera J, Streuli J, Visco Z, Wildermuth N, Albin SA. Normative Parameters of Gastrocnemius Muscle Stiffness and Associations with Patient Characteristics and Function. *Int J Sports Phys Therapy*. Provisionally Accepted
2. Albin SR, Koppenhaver SL, MacDonald CW, Capoccia S, Ngo D, Phippen S, Wendlandt A, **Hoffman LR**. The Effect of Dry Needling on Gastrocnemius Muscle Stiffness and Strength in Participants with Latent Trigger Points. *J Electromyog Kines*. 2020; 55
3. **Hoffman, L. R.** & Field-Fote, E. C. Effects of practice combined with somatosensory or motor stimulation on hand function in persons with spinal cord injury. *Top Spinal Cord Inj Rehabil*. 2013; 19(4): 288-299.
4. **Hoffman, L.R.** & Jobst, E. E. "Inpatient Management of a Child with Spinal Cord Injury", 2011; In Erin Jobst *Case Files in Physical Therapy: Acute Care*. McGraw-Hill Companies.
5. **Hoffman, L. R.** & Field-Fote, E. C. Functional and corticomotor changes in individuals with cervical spinal cord injury following either unimanual or bimanual massed practice training: a pilot study. *J. of Neurol Phys Ther*. 2010; 34(4): 194-201.
6. **Hoffman, L. R.** & Field-Fote, E. C. "Upper Extremity Training for Individuals with Cervical Spinal Cord Injury: Functional Recovery and Neuroplasticity", In Steve Wolfe (Ed.) *Spinal Cord Injury Rehabilitation, Contemporary Perspectives in Rehabilitation*, 2008. (pp. 259-290). F.A. Davis.
7. **Hoffman, L. R.** & Field-Fote, E. C. Cortical Reorganization Following Bimanual Training and Somatosensory Stimulation in Cervical Spinal Cord Injury. *Physical Therapy*, 2007, 87 (2): 208-223.

Presentations

Refereed Presentations

Albin, SR, MacDonald, CW, Koppenhaver, SL, Phippen, S, Ngo, D, Pineda, R, Capocia, S, Wendlandt, A, **Hoffman, LR**. *Dry Needling Effects on Gastrocnemius Muscle Stiffness in Individuals with Latent Trigger Points*.
APTA Combined Sections Meeting
February 13, 2020

Hoffman, L.; Deslatte K.; Foss L.; Fuhr E.; Lofty M.; Tumenjargal, N.; Vong, S.; Way, V.; Harris, N.; and Eigsti H. *The Effect of Carbon Fiber and Typically Prescribed Plastic Ankle Foot Orthoses on Balance, Motor Skills, and Gait in Children with Cerebral Palsy: A Case Series*.
APTA Combined Sections Meeting
February 2017

Harris, N.; Absalon, E.; Cowell, K. George, M.; Kirk, K.; Lundy, M.; Marchant, S.; Rowan, A; **Hoffman, L.**; Eigsti, H. *The Effect of Carbon Fiber and Typically Prescribed Plastic Ankle Foot Orthoses on Balance, Motor Skills, and Gait in Children with Cerebral Palsy: A Case Series*. Section on Pediatric Academy Conference
November, 2016

Footer, C. Eigsti, E., and **Hoffman, L.** *Postural Perturbation Training in Children with Down Syndrome: Massed Practice versus Distributed Practice Schedules.*
APTA Combined Sections Meeting
February, 2013

Hoffman, L., Footer, C, Winkler, P, Smith, M. *Teaching Decision-Making: A Module For Curriculum Development for the Examination and Evaluation of Clients with Neuromuscular Conditions.*
World Congress for Physical Therapy
June, 2011

Hoffman, L., Footer, C, Winkler, P, Smith, M. *Clinical Decision Making: A Module for Curriculum Development for the Selection and Progression of Interventions for Clients with Neuromuscular Conditions.*
World Congress for Physical Therapy
June 2011

Hoffman, L., Bondurant, D., Fournier, R., Harvey, J., Juarez, M., Lauren McCollough, Erin McGuinn, Sara Scalisi. *The combination of somatosensory stimulation enhances the outcome of repetitive task practice on hand function in children with hemiplegia: a case series.*
APTA Combined Sections Meeting
February, 2011

Hoffman, L. R., Case, E. D., & Field-Fote, E. C. *Practice-related plasticity: functional and cortical changes in individuals with cervical spinal cord injury following four different hand training interventions.*
APTA Annual Conference and Exposition
June, 2009

Hoffman, L. R., Case, E., Ferrington, A., Gutierrez, R., Reiter, J., Field-Fote, E.C. *Increases in pinch grip strength and sensation in individuals with cervical spinal cord injury following three different vibratory or electrical stimulation interventions.*
APTA Combined Sections Meeting
February, 2009

Hoffman, L. R. & Field-Fote, E.C. *Functional and cortical changes in individuals with chronic cervical spinal cord injury: a comparison of uni- versus bimanual training and somatosensory versus muscle stimulation.*
Society for Neuroscience
November, 2008

Hoffman, L. R. & Field-Fote, E.C. *Cortically evoked potentials from transcranial magnetic stimulation of muscles distal to the lesion are posteriorly shifted and of lower amplitude in individuals with cervical spinal cord injury.*
APTA Combined Sections Meeting
February, 2007

Field-Fote, E. C. & **Hoffman, L. R.** *Practice-dependent plasticity of cortical and spinal circuitry in individuals with chronic SCI is associated with task-oriented training.*
American Spinal Injury Association

June, 2006

Hoffman, L. R. & Field-Fote, E. C. *Cortical reorganization in individuals with cervical spinal cord injury following two different hand training interventions.*
Society for Neuroscience, Atlanta, Georgia.
October, 2006

Field-Fote, E. C. & **Hoffman, L. R.** *The relationship between physiology, impairment, and function in individuals with incomplete spinal cord injury trained with task-oriented training.* III STEP (Summer Institute on Translating Evidence into Practice)
July, 2005

Roach, K. E., Carreras, K. P., Lee, A. K., **Reed, L. L.**, & Zimmerman, G. A. *The reliability of the Miami Back Index.*
APTA Combined Sections Meeting
February, 2001

Grant Activity

Active Grants

Pending Grants

Project Title: *The Effect of Dry Needling on Muscle Stiffness, Gait, Balance, Pain and Functional Outcomes in Individuals with Injury to the Ankle and/or Hindfoot*
Grant Writers and Co-PIs: Hoffman, L., Albin, S., MacDonald, C. Reinking, M.
2020-2022;
University Research and Scholarship Council; Internal Grant
\$2,170
Submitted and Pending

Completed Grants

Project Title: *The Effects of Manual Therapy on Muscle Stiffness for Healthy Individuals*
Grant Writers and Co-PIs: Hoffman, L., Albin, S., and MacDonald, C.
2018-2019;
University Research and Scholarship Council; Internal Grant
\$2,170
Completed

Project Title: *The combination of somatosensory stimulation enhances the outcome of repetitive task practice on hand function in children with hemiplegia.*
Grant Writer and PI: Hoffman, L.
2008-2010;
Sponsored Projects Academic Research Council; Internal Grant
\$5,000
Completed

Project Title: *Cortically evoked potentials from transcranial magnetic stimulation of muscles distal to the lesion in individuals with cervical spinal cord injury.*
Grant Writer and PI: Hoffman, L.

2007.

Medical Faculty Association at University of Miami Miller School of Medicine

\$800

Completed

Project Title: *Practice-related plasticity: functional and cortical changes in individuals with cervical spinal cord injury following four different hand training interventions.*

Grant Writer and Co-PI: Hoffman, L.R. & Field-Fote, E.C.

2006. Foundation of Physical Therapy, Promotion of Doctoral Studies II

\$15,000

Completed

Current Research Activities

2020: *The Effect of Dry Needling on Muscle Stiffness, Gait, Balance, Pain and Functional Outcomes in Individuals with Injury to the Ankle and/or Hindfoot;*

Co-PIs: Albin, S., MacDonald, C., Reinking, M., and Hoffman, L.

Scholarly Professional Activities

Editorial/ Referee Positions

Ad Hoc Manuscript Reviewer for *Spinal Cord*

2020-Present

Ad Hoc Manuscript Reviewer for *Topics in Spinal Cord Injury*

2013-2018

Ad Hoc Manuscript Reviewer for *Journal of Neurological Physical Therapy*

2008-Present

Ad Hoc Manuscript Reviewer for *Transactions on Neural Systems and Rehabilitation Engineering*

2012-2018

Ad Hoc Manuscript Reviewer for *Journal of Physical Therapy*

2007

Professional, Scientific, Honorary Associations or Societies

Membership

American Physical Therapy Association (APTA) Member

1999-Present

Pediatric Section of American Physical Therapy Association Member

1999 to Present

Neurological Section of American Physical Therapy Association Member

1999 to Present

Society for Neuroscience Member
2005 to 2009

Service

Service to the College/University

University

College

Rueckert-Hartman College of Health Professions Awards Committee
Chair and Member
2017-Present

Rueckert-Hartman College of Health Professions Peer Assessment Team
Member
2013-2016

Rueckert-Hartman College of Health Professions Educational Technology Comm
Chair, Secretary, and Member
2009-2015

School/Department

CAPTE Steering Committee
Member
2020-Present

Acadaware Committee
Member
2019-Present

DPT Curriculum Committee
Chair and Member
2017-Present

Creative Ingenuity Strategic Planning Group
Member
2017-Present

Examsoft Testing Software Administrator
Administrator
2016-Present

Class of 2017 Faculty Advisor
Advisor
2014-2017

Department of Professional Studies
Member

2013-2017

Department of Post-Professional Studies

Member

2010-2013

Neurological Content Team within the School of Physical Therapy

Member

2008-Present

Service to the Community

Community

Created Learning Modules on Neurological PT to Kenya Physical Therapists

Partnered with Jackson Clinic

2020-Present

Provided Pro-Bono Physical Therapy Services to Stroke Survivors

Partnered with Rocky Mountain Stroke Center, Support Group for Stroke Survivors

2017-Present

Lead DPT Students in Emersion Experience in Nicaragua

Partnered with Viva Nicaragua

2014-2016

Item Writer for National Physical Therapy Examination

Foundation of State Boards of Physical Therapy

2013

Invited Member

Bergen Leadership Council for Bergen Meadow Elementary School

2010-2013

Acute Care Pediatric Physical Therapist in Field Hospital

Project Medishare, Haiti Medical Relief Effort

2010

Invited Speaker

Building Blocks for Healthy Kids

2009-2013

Thesis/Dissertation Committees on Which You Have Served

Member of master's thesis committee for Genevieve Randa

Denver University, School of Education 2016-2017

Teaching Responsibilities

Fall 2020

Neurological Management I, DPT 736, Course Coordinator

Professional Issues VI, DPT 775, Lab Assistant

Summer 2020

Management of the Movement System, DPT 740, Course Coordinator

Examination of the Movement System, DPT 707, Course Coordinator

Professional Issues II, DPT 771, Lab Assistant

Spring 2020

Physical Therapy Examination, DPT 730, Course Coordinator

Neurological Management II, DPT 737, Instructor

Musculoskeletal Management III, DPT 735, Instructor

Fall 2019

Neurological Management I, DPT 736, Course Coordinator

Management of the Movement System, DPT 740, Course Coordinator

Professional Issues VI, DPT 775, Lab Assistant

Summer 2019

Kinesiology II, DPT 707, Course Coordinator

Professional Issues II, DPT 771, Lab Assistant

Spring 2019

Physical Therapy Examination, DPT 730, Course Coordinator

Neurological Management II, DPT 737, Instructor

Musculoskeletal Management III, DPT 735, Instructor

Fall 2018

Neurological Management I, DPT 736, Course Coordinator

PT Management Across the Lifespan, DPT 740, Course Coordinator

Professional Issues VI, DPT 775, Lab Assistant

Summer 2018

Kinesiology II, DPT 707, Course Coordinator

Professional Issues II, DPT 771, Lab Assistant

Spring 2018

Physical Therapy Examination, DPT 730, Course Coordinator

Neurological Management II, DPT 737, Instructor

Musculoskeletal Management III, DPT 735, Instructor

Fall 2017

Neurological Management I, DPT 736, Course Coordinator

PT Management Across the Lifespan, DPT 740, Course Coordinator

Professional Issues VI, DPT 775, Lab Assistant

Spring 2017

Neurological Management II, DPT 737, Course Coordinator

Musculoskeletal Management III, DPT 735, Instructor

Fall 2016

Neurological Management I, DPT 736, Instructor

PT Management Across the Lifespan, DPT 740, Course Coordinator

Professional Issues VI, DPT 770, Course Coordinator

Summer 2016

Kinesiology II, DPT 707, Course Coordinator

Professional Issues II, DPT 771, Lab Assistant

Spring 2016

Neurological Management II, DPT 737, Course Coordinator

Musculoskeletal Management III, DPT 735, Instructor

Fall 2015

Neurological Management I, DPT 736, Instructor

PT Management Across the Lifespan, DPT 740, Course Coordinator

Professional Issues VI, DPT 770, Course Coordinator

Summer 2015

Kinesiology II, DPT 707, Course Coordinator

Professional Issues II, DPT 771, Lab Assistant

Spring 2015

Neurological Management II, DPT 737, Course Coordinator

Musculoskeletal Management III, DPT 735, Instructor

Fall 2014

Neurological Management I, DPT 736, Instructor

Professional Issues VI, DPT 770, Course Coordinator

Musculoskeletal Management II, DPT 734, Instructor

Summer 2014

Kinesiology II, DPT 707, Course Coordinator

Professional Issues II, DPT 771, Lab Assistant

Spring 2014

Neurological Management II, DPT 737, Course Coordinator

Musculoskeletal Management III, DPT 735, Instructor

Fall 2013

Neurological Management I, DPT 736, Instructor

Professional Issues VI, DPT 770, Course Coordinator

Musculoskeletal Management II, DPT 734, Instructor

Summer 2013

Kinesiology II, DPT 707, Course Coordinator

Professional Issues II, DPT 771, Lab Assistant

Spring 2013

Neurological Management II, DPT 737, Course Coordinator

Musculoskeletal Management III, DPT 735, Instructor