

**Larisa Reed Hoffman, PT, PhD  
Professor, School of Physical Therapy  
Regis University  
3333 Regis Blvd  
Denver, Colorado, 80221**

Contact Information:

303-964-5203 (office phone)

303-964-5474 (fax)

[lhoffman@regis.edu](mailto:lhoffman@regis.edu) (email)

Education:

Doctorate in Philosophy  
University of Miami, Miami, FL  
Physical Therapy  
May 2008  
Practice Dependent Plasticity  
Dr. Edelle Field-Fote

Master's in Science  
University of Miami, Miami, FL  
Physical Therapy  
December 2000

Bachelor of Science  
University of Puget Sound, Tacoma, WA  
May 1998

Licensure Information:

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

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

Washington Physical Therapist License #025208 PT 00008433 (Inactive)  
Licensed by State Physical Therapy Board in 2001-2003

Employment and Positions Held:

Associate Director of DPT Program (Academic Position)  
Doctor of Physical Therapy Program  
Regis University Denver, Colorado  
August 2024 to present

Faculty Member (Academic Position)  
Professor  
Regis University  
Denver, Colorado  
August 2022 to present

Faculty Member (Academic Position)  
Associate Professor  
Regis University  
Denver, Colorado  
March 2013 to August 2022

Rehabilitation Faculty Mentor (Consultative Position)  
Physiopedia Plus Limited  
London, England  
October 2021 to present

Physical Therapist (Clinical Position)  
Children's Physiotherapy Alliance  
Evergreen, Colorado  
April 2008 to August 2014

Faculty Member (Academic Position)  
Assistant Professor  
Regis University  
Denver, Colorado  
April 2008 to March 2013

Physical Therapist and Doctoral Student (Clinical Research Position)  
The Miami Project to Cure Paralysis, Neuromotor Rehabilitation Lab  
University of Miami  
Miami, Florida  
September 2004 to February 2008

Physical Therapist for Children (Clinical Position)  
Children's Therapies Incorporated;  
Jupiter, Florida  
January 2003 – March 2008

Physical Therapist & Family Resource Coordinator (Clinical Position)  
Holly Ridge Center's Infant Toddler Program, Neurodevelopmental Center;  
Bremerton, Washington  
September, 2001 – December, 2003

Physical Therapist in Acute Care Trauma Center (Clinical Position)  
Harborview Medical Center;  
Seattle, Washington

March, 2001 – December, 2002

Honors and Awards:

Graduating Class in the School of Physical Therapy at Regis University  
Excellence in Teaching Award in 2023

School of Physical Therapy at Regis University  
Excellence in Service Award in 2022

Research Committee for Rueckert Hartman College for Health Professionals  
RHCHP Paper of the Year in 2022

Research Conference Award by AAOMPT Research Committee  
Research Report Award in 2021

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 2019

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

Publications in Refereed Journals:

Albin SR, **Hoffman LR**, MacDonald CW, Boriak M, Heyn L, Schuler K, Taylor A, Walker J, Koppenhaver SL, Reinking MF. Ultrasonographic Validation for Needle Placement in the Tibialis Posterior Muscle. *Int J Sports Phys Therapy*. 2021; 16(6): 1541-1547.

**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*. 2021; 16(1):41-48.

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.

**Hoffman LR**, Field-Fote EC. 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.

**Hoffman LR**. Inpatient Management of a Child with Spinal Cord Injury. Chapter 30. In: Erin Jobst *Case Files in Physical Therapy: Acute Care*. McGraw-Hill Companies; 2011.

**Hoffman LR**, Field-Fote EC. 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.

**Hoffman LR**, Field-Fote EC. "Upper Extremity Training for Individuals with Cervical Spinal Cord Injury: Functional Recovery and Neuroplasticity", Chapter 11. In: Steve Wolfe (Ed.) *Spinal Cord Injury Rehabilitation, Contemporary Perspectives in Rehabilitation*; F.A. Davis. 2008.

**Hoffman LR**, Field-Fote EC. Cortical Reorganization Following Bimanual Training and Somatosensory Stimulation in Cervical Spinal Cord Injury. *Physical Therapy*, 2007, 87 (2): 208-223.

#### Refereed Presentations:

Lowe R, **Hoffman L**, Peterko Y, Lukin M. Dynamic Tools to Advance Sustainable Rehabilitation Workforce Development to Support the Rehabilitation 2030 Agenda. Focused Symposia, 2025 World Physiotherapy Congress. Submission 4/24.

Namatovu M, Alochi V, Kitembo K, Nuwahereza A, Omoding H, **Hoffman L**. Collaborating to Strengthen Entry Level Professional Education in Uganda using the Academic Program Reflection Tool. Platform, 2024 World Physiotherapy Africa Region Congress. Submission 2/24.

**Hoffman L**. Strengthening University Curricula  
First Ukrainian Congress on Physical Therapy;  
September 2023

**Hoffman L**, Kovalchuk O, Lowe R. Strengthening Physical Therapy Curricula in Ukrainian Universities: Development of a Curricular Review Process  
World Physiotherapy Congress  
June 2023.

Cunningham S, Footer C, **Hoffman L**, Kovalchuck O, Lowe R, Lukin M, Omoding H, Wai Mon Oo S, Patterson A, Peterko N, Zehra S. A Situational Analysis of Current

Global Rehabilitation Education  
World Physiotherapy Congress  
June 2023.

Lukin M, **Hoffman L**, Patterson A, Cunningham S. Interprofessional Rehabilitation Education; Developments, Opportunities and Benefits for the Prosthetics and Orthotics Profession. Educational Symposium  
International Society for Prosthetics and Orthotics World Congress  
April 2023.

Lukin M, **Hoffman L**, Patterson A, Cunningham S. Identifying Interprofessional Rehabilitation Education Opportunities through Comparative Review of Competencies and Standards.  
International Society for Prosthetics and Orthotics World Congress  
April 2023

Rich AJ, Berliner JM, Wahab JM, **Hoffman LR**  
Task Analysis Forms with Specific Criterion as a Scaffolding Technique for Movement Analysis  
APTA Combined Sections Meeting  
February 2023

**Hoffman LR**, MacDonald CW, Bates A, Brewer A, Gordon A, Hua J, Shaw D, Koppenhaver S, Cornwall M, Herbert J, Albin A  
Dry needling directly into trigger points is associated with improved gait parameters: A randomized controlled trial  
Colorado Fall Conference  
October 2022

**Hoffman LR**, Albin SR, MacDonald CW, Koppenhaver S, Boriack MJ, Walker J, Schuler KA, Heyn L, Taylor A, Reinking MF  
Ultrasonographic Validation for Needle Placement in the Tibialis Posterior Muscle.  
APTA Combined Sections Meeting  
February 2022

MacDonald CW, **Hoffman LR**, Boriack M, Heyn L, Schuler K, Taylor A, Walker J, Koppenhaver SL, Reinking MF, Albin SR.  
Safety Margins in Dry Needling the Tibialis Posterior: Ultrasound Evaluation of Needle Placement  
AAOMPT Meeting  
October 2021

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 2020

**Hoffman L**, Deslatte K, Foss L, Fuhr E, Lofty M, Tumenjargal N, Vong S, Way V, Harris N, 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, **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, McCollough L, McGuinn E, Scalisi S.

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 LR**, Case ED, Field-Fote EC. 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**, Case E, Ferrington A, Gutierrez R, Reiter J, Field-Fote E.  
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 LR**, Field-Fote EC.  
Functional and cortical changes in individuals with chronic cervical spinal cord injury: a comparison of unimanual versus bimanual training and somatosensory versus muscle stimulation.  
Society for Neuroscience  
November 2008

**Hoffman LR**, Field-Fote EC.  
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 EC, **Hoffman LR**.  
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 LR**, Field-Fote EC.  
Cortical reorganization in individuals with cervical spinal cord injury following two different hand training interventions.  
Society for Neuroscience  
October 2006

Field-Fote EC, **Hoffman LR**.  
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 KE, Carreras KP, Lee AK, **Reed LL**, Zimmerman GA.  
The reliability of the Miami Back Index.  
APTA Combined Sections Meeting  
February 2001

Completed Grant Activity:

Co-Investigator  
\$2,170

The Effects of Manual Therapy on Muscle Stiffness in Healthy Individuals.  
2018, University Research and Scholarship Council (internal)

Principal Investigator

\$5,000

The combination of somatosensory stimulation enhances the outcome of repetitive task practice on hand function in children with hemiplegia.

2008, Sponsored Projects Academic Research Council (internal)

Principal Investigator

\$800

Cortically evoked potentials from transcranial magnetic stimulation of muscles distal to the lesion in individuals with cervical spinal cord injury.

2007, Medical Faculty Association at University of Miami Miller School of Medicine

Co-Investigator

\$15,000

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

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

#### Current/Active Research Activity:

Co-Investigator

Collaborating to Strengthen Entry Level Professional Education in Uganda using the Academic Program Reflection Tool.

2023

Co-Investigator

The Effect of Dry Needling on Muscle Stiffness, Gait, Balance, Pain and Functional Outcomes in Individuals with an Ankle Sprain

2023

Co-Investigator

Collaborating to Strengthen Entry Level Professional Education in Ukraine using the Academic Program Reflection Tool.

2022

#### Scholarly Professional Activities/Editorial/Referee Positions:

Ad Hoc Manuscript Reviewer

Spinal Cord

2020 to 2021

Ad Hoc Manuscript Reviewer

Journal of Neurological Physical Therapy

2008 to 2021



Ad Hoc Manuscript Reviewer  
Topics in Spinal Cord Injury Rehabilitation  
2013 to 2018

Ad Hoc Manuscript Reviewer  
Transactions on Neural Systems and Rehabilitation Engineering  
2012 to 2017

Ad Hoc Manuscript Reviewer  
Journal of Physical Therapy  
2007

Professional, Scientific Associations or Society Membership:

American Physical Therapy Association (APTA)  
Member  
1999 to present

Academy of Pediatrics of American Physical Therapy Association  
Member  
1999 to present

Academy of Neurology of American Physical Therapy Association  
Member  
1999 to present

World Physiotherapy  
Member  
2011 to present

American Council of Academic Physical Therapy (ACAPT)  
Member  
2019 to present

Academy of Education of American Physical Therapy Association  
Member  
2024 to present

Society for Neuroscience  
Member  
2005 to 2009

Services to the University:

Regis University Provost Council  
Member  
2021 to 2023

Services to the College:

Rueckert-Hartman College for Health Professions Outcomes Committee  
Member  
2023 to 2024

Rueckert-Hartman College for Health Professions Faculty Assembly  
Chair and Chair Elect  
2021 to 2023

Rueckert-Hartman College for Health Professions Awards Committee  
Chair and Member  
2017 to 2020

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

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

Services to the School:

SOPT Mentoring and Orientation Coordinator  
Coordinator  
2021 to present

DPT Curriculum Committee  
Chair and Member  
2017 to present

DPT Outcomes Committee  
Chair and Member  
2021 to present

CAPTE Steering Committee  
Member  
2020 to 2021

Search Committee Two Faculty Positions in the School of Physical Therapy

Member  
2021

Acadaware Committee for Curricular Organization  
Member  
2019 to 2021

Neurological Content Team within the School of Physical Therapy  
Member  
2008 to present

Examsoft Testing Software Administrator  
Administrator  
2016 to present

Search Committee Two Faculty Positions in the School of Physical Therapy  
Member  
2020

Creative Ingenuity Strategic Planning Group  
Member  
2017 to 2021

Regis DPT Class of 2017 Faculty Advisor  
Advisor  
2014 to 2017

Department of Professional Studies  
Member  
2013 to 2017

Search Committee Faculty Position in the School of Physical Therapy  
Member  
2015

Department of Post-Professional Studies  
Member  
2010 to 2013

Consultative and Advisory Positions Held:

Exam Development Committee Member for National Physical Therapy Examination  
Federation of State Boards of Physical Therapy  
2024

Item Writing Task Force Member for National Physical Therapy Examination

Federation of State Boards of Physical Therapy  
2022 to 2024

Graduate Item Writer for National Physical Therapy Examination  
Federation of State Boards of Physical Therapy  
2021

Item Writer for National Physical Therapy Examination  
Federation of State Boards of Physical Therapy  
2021

Item Writer for National Physical Therapy Examination  
Federation of State Boards of Physical Therapy  
2013

Thesis/Dissertation Committees:

Member of Master's Thesis Committee for Genevieve Randa  
Denver University, School of Education 2016-2017

Community Service:

Co-Led Leadership for Rehabilitation Workforce Development and Education in  
Uganda: Academic Program Reflection  
Physiopedia and ReLAB-HS  
2024

Co-Led Leadership for Rehabilitation Education and Workforce Development: A  
Roadmap for Strengthening of University Curricula in Ukraine  
Physiopedia and SRSHS  
2023

Co-Led Leadership for Rehabilitation Education and Workforce Development: A  
Roadmap for Strengthening of University Curricula in Uganda  
Physiopedia and ReLAB-HS  
2023

Served as External Reviewer for SUNY Upstate Medical University College of Health  
Professions Tenure and Promotion Committee  
2023

Co-Led Leadership for Rehabilitation Education and Workforce Development: A  
Roadmap for Strengthening of University Curricula in Ukraine  
Physiopedia and ReLAB-HS  
2022

Provided Pro-Bono Physical Therapy Services for Stroke Survivors  
Partnered with Rocky Mountain Stroke Center, Support Group for Stroke Survivors  
2017 to Present

Lead DPT Students in Emersion Experience in Nicaragua  
Partnered with Viva Nicaragua  
2014 to 2016

Invited Member  
Bergen Leadership Council for Bergen Meadow Elementary School  
2010 to 2013

Acute Care Pediatric Physical Therapist in Field Hospital  
Project Medishare, Haiti Medical Relief Effort  
2010

Invited Speaker  
Building Blocks for Healthy Kids  
2009 to 2013

Continuing Education Attended (Most recent 5 years only):

Physical Therapy Learning Institute's Disruptive Innovation in PT Education, Virtual  
April 2024

Functional Dry Needling, Level I  
November 2022

APTA Combined Sections Meeting, Virtual Meeting  
February 2021

APTA Combined Sections Meeting, Denver, CO  
February 2020

Academy of Pediatric Physical Therapy, Pediatric Faculty Institute, Anaheim, CA  
November 2019

Faculty Conversations in Jesuit Higher Education, University Heights OH  
February 2019

Examsoft Assessment Conference, Fort Lauderdale, FL  
June 2018

APTA Combined Sections Meeting, New Orleans, LA  
February 2018

APTA Combined Sections Meeting, San Antonio, TX  
February 2017

Section on Pediatrics, Annual Conference Meeting, Keystone, CO  
November 2016

IV STEP: Prevention, Prediction, Plasticity, and Participation, Columbus, OH  
July 2016

APTA Combined Sections Meeting, Anaheim, CA  
February 2016

### Teaching Responsibilities

#### Summer 2024

Examination of the Movement System, DPT 707, Instructor and Lab Assistant  
Differential Diagnosis, DPT 731, Lab Assistant

#### Spring 2024

Neurological Management II, DPT 737, Course Coordinator  
Musculoskeletal Management III, DPT 735, Instructor and Lab Assistant

#### Fall 2023

Neurological Management I, DPT 736, Course Coordinator  
Management of the Movement System, DPT 740, Instructor and Lab Assistant

#### Summer 2023

Examination of the Movement System, DPT 707, Course Coordinator

#### Spring 2023

Neurological Management II, DPT 737, Course Coordinator  
Musculoskeletal Management III, DPT 735, Instructor and Lab Assistant

#### Fall 2022

Management of the Movement System, DPT 740, Course Coordinator  
Neurological Management I, DPT 736, Course Coordinator

#### Summer 2022

Examination of the Movement System, DPT 707, Course Coordinator

Spring 2022

Neurological Management II, DPT 737, Course Coordinator

Physical Therapy Examination, DPT 730, Instructor and Lab Assistant

Musculoskeletal Management III, DPT 735, Instructor and Lab Assistant

Fall 2021

Management of the Movement System, DPT 740, Course Coordinator

Neurological Management I, DPT 736, Course Coordinator

Summer 2021

Examination of the Movement System, DPT 707, Course Coordinator

Spring 2020

Physical Therapy Examination, DPT 730, Course Coordinator

Neurological Management II, DPT 737, Instructor and Lab Assistant

Musculoskeletal Management III, DPT 735, Instructor and 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

Fall 2020

Neurological Management I, DPT 736, Course Coordinator

Professional Issues VI, DPT 775, Lab Assistant

Spring 2020

Physical Therapy Examination, DPT 730, Course Coordinator

Neurological Management II, DPT 737, Instructor and Lab Assistant

Musculoskeletal Management III, DPT 735, Instructor and Lab Assistant

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 and Lab Assistant

Musculoskeletal Management III, DPT 735, Instructor and Lab Assistant

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 and Lab Assistant

Musculoskeletal Management III, DPT 735, Instructor and Lab Assistant

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 and Lab Assistant

Fall 2016

Neurological Management I, DPT 736, Instructor and Lab Assistant

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 and Lab Assistant

Fall 2015

Neurological Management I, DPT 736, Instructor and Lab Assistant

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 and Lab Assistant

Fall 2014

Neurological Management I, DPT 736, Instructor and Lab Assistant

Professional Issues VI, DPT 770, Course Coordinator

Musculoskeletal Management II, DPT 734, Instructor and Lab Assistant

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 and Lab Assistant