

CURRICULUM VITAE

Julie A. Stutzbach, PT, DPT, PhD
Assistant Professor
Regis University, School of Rehabilitative and Health Sciences
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Education

Doctor of Philosophy
University of Colorado Anschutz Medical Campus,
Rehabilitation Science
12/2022

Doctor of Physical Therapy
Chatham University
Physical Therapy
12/2014

Bachelor of Science
Beloit College
Major: Biology
Graduated summa cum laude with departmental honors, 5/2010

Physical Therapy Licensure Information

State: Colorado
Registration number: PTL.0015705

State: California
Registration number: 7201.42611

State: Pennsylvania
Registration number: PT024242

Employment and Positions held (clinical and academic)

Title/position: Assistant Professor
Institution: Regis University
City and State: Denver, Colorado
Duration: (January 2022-Present)

Title/Position: Physical Therapist
Institution: RegisCAREs Physical Therapy Faculty Practice
City and State: Denver, CO
Duration: (July 2022-Present)

Title/position: PhD trainee
Institution: University of Colorado: Anschutz Medical Campus
City and State: Aurora, CO
Duration: (August 2018-August 2022)

Title/position: Physical Therapist II
Institution: Dignity Health, Saint Mary's Medical Center
City and State: San Francisco, CA
Duration: (January 2016-June 2018)

Title/position: Physical Therapist (contract)
Institution: Kaiser Permanente Medical Center
City and State: San Francisco, CA
Duration: (October 2015-December 2015)

Title/position: Pediatric Physical Therapist
Institution: Starfish Therapies
City and State: San Mateo, CA
Duration: (August 2015-October 2015)

Title/position: Physical Therapist (contract)
Institution: Contra Costa Medical Center
City and State: Pittsburg, CA
Duration: (May 2015-August 2015)

Title/position: Physical Therapist
Institution: Allegheney Chesapeake Physical Therapy
City and State: Pittsburgh, PA
Duration: (January 2015-March 2015)

Title/position: Community Outreach/Research Coordinator
Institution: Penn Medicine
City and State: Philadelphia, PA
Duration: (August 2010-August 2012)

Peer-Reviewed Publications

Gannotti M, Priluck D, **Stutzbach J**. Physical Therapy as a Catalyst to Address Health Disparities Among Adults with Cerebral Palsy. Submitted 8/2025 and in review. *Physical Therapy*.

Stutzbach J, Sarmiento C, Sax T, Kenkre T, Wisniewski S, and Gannotti M for the Cerebral Palsy Research Network. Chronic lower back pain in adults with cerebral palsy: Stigma, anxiety, and physical decline. *Developmental Medicine and Child Neurology*. (2025). 67(12): 1573-1581
<https://doi.org/10.1111/dmcn.16357>. **Received December 2025 DMCN Editor's Choice Award.**

Benson JA, Wilson M, Flynn A, **Stutzbach J**, Waddell K, Burke RE. A Trial of Behavioral Incentives to Improve Veteran Mobility in Post-Acute Care. *Inquiry*. 62 (2025): 00469580251384787.
<https://doi.org/10.1177/00469580251384787>

Stutzbach J, Hare KS, Gustavson AM, Derlein DL, Kellogg AL, Stevens-Lapsley JE, A Novel Behavioral Intervention to Enhance Physical Activity for Older Veterans in a Skilled Nursing Facility. *Journal of Aging and Physical Activity* (2024). 1-12 (ahead of print).

Stevens-Lapsley JE, Derlein D, Churchill L, Falvey JR, Nordon-Craft A, Sullivan WJ, Forster JE , **Stutzbach J**, Butera KA, Burke RE, Mangione KK. High-intensity home health physical therapy among older adult Veterans: A randomized controlled trial. *Journal of the American Geriatrics Society*. 71.9 (2023): 2855-2864

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

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.

Peer-Reviewed Scientific and Professional Presentations

Stutzbach J, Gannotti M, Sarmiento C, Allen M, Kovick B, Gutierrez M, Holst T, Rich R. Mental Fortitude Vs Functional Limits: Pain Interference in Adults with Cerebral Palsy and Back Pain. 2026 APTA Combined Sections Meeting. (Poster)

Gannotti M, Wisniewski W, Chaudhary P, Sarmiento C, **Stutzbach J**, Kreschmer J, Boyer E, Krach L, Chin E, Wyeth D, Hurvitz E. Improving Wellbeing in Adults with Cerebral Palsy: Fatigue, Pain, and Sleep As Key Therapy Targets. 2026 APTA Combined Sections Meeting. (Poster)

Stutzbach J and LaCroix C. Discussion of the paper 'Chronic lower back pain in adults with cerebral palsy: Stigma, anxiety, and physical decline.' Developmental Medicine & Child Neurology Podcast. Online. 7/9/25. Link: https://www.youtube.com/watch?v=_2yURBd0QvM

Malik K, Bahr T, Brunton L, Cassidy C, Rosenbloom A, Sarmiento C, **Stutzbach J**, Mann K. Complex Care at the American Academy for Cerebral Palsy and Developmental Medicine Annual Meeting. 11/2024. OPENPediatrics. Online Podcast. Links: <https://youtu.be/vImKWN04-mA>, <https://soundcloud.com/openpediatrics/complex-care-at-the-aacpdm-2024>.

Kleitz T, Lammers S, Yang K, De La Cruz R, Rich A, Gannotti M, Sarmiento C, **Stutzbach J**. "Dismissed:" A Qualitative Exploration of Low Back Pain Treatment in Adults with Cerebral Palsy." American Physical Therapy Association Combined Sections Meeting. Houston, TX. 2025. (Platform)

Stutzbach J, Sarmiento C, Sax T, Kenkre T, Gannotti M. "Social Determinants of Health in Adults with Chronic Low Back Pain and Cerebral Palsy." American Academy of Cerebral Palsy and Developmental Medicine. Quebec, Canada, 2024 (Platform) **selected as Gayle G Arnold top 10 Free Paper and Top 10 Adult Free Paper**

Trost J, Bjornson K. **Stutzbach J**, Wyrwa J. Accessing the CP Research Network Registries: Clinical and Community Research. American Academy of Cerebral Palsy and Developmental Medicine. Quebec, Canada. 2024 (Seminar).

McCarthy T, De la Cruz R, Lammers S, Yang C, Rich R, **Stutzbach J**. Unseen, Unaddressed, and Misunderstood: The Challenges of Low Back Pain in Adults with Cerebral Palsy. 2024 Rocky Mountain Annual PT Conference. (Poster).

Stutzbach J, Sarmiento C, Gannotti M. Functional decline, chronic pain, and stigma among adults with spastic cerebral palsy. APTA CO 2023 Conference (Platform). September 2023

Garbin A, Derlein D, Currier D, Falvey J, Forster J, **Stutzbach J**, Gonzalez Plazola J, Downey K, Grupenhoff E, Goodhart B, Burke R, Butera K, Churchill L, Nordon-Craft A, Mangione K, Stevens-Lapsley J. Improving Function in Older Veterans with Hospital-Associated Deconditioning: A Randomized Controlled Trial. American Physical Therapy Association Combined Sections Meeting, San Diego, CA, 2023. (Platform presentation)

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, Virtual, 2021. (Platform)

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, Aurora, CO, 2020. (Poster)

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, Denver, CO. 2020. (Poster). Denver, CO.

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, Denver, CO. 2020. (Platform)

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, Denver, CO. 2020. (Platform).

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, Aurora, CO, 2019. (Poster).

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, Aurora, CO 2019. (Poster)

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, Aurora, CO, 2019. (Poster)

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, Philadelphia, PA, 2012. (Poster)

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, New Orleans, LA, 2012. (Poster).

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, Philadelphia, PA, 2011. (Poster)

Funded Grant Activity

"The daily amount of physical pain doesn't compare:" A Mixed Methods Examination of Chronic Pain in Adults with Cerebral Palsy."

2023, Regis University Faculty Research and Scholarship Grant
Principal Investigator

"Progressive, Multicomponent Intervention for Older Adults Receiving Home Health Care Following an Acute Hospitalization"

2018, Foundation for Physical Therapy Florence P. Kendall Award
Trainee, Co-Creator of research concept

“High-Intensity Rehabilitation plus Mobility: an Interprofessional Approach to Getting Patients Moving in Skilled Nursing Facilities”

2019, NIH T32 Integrative Physiology of Aging Training Grant, (T32AG000279-16A1)

Trainee, Co-Creator of Research Concept

“Patient-Centered, Interdisciplinary Approach to Improve Functional Outcomes in a Skilled Nursing Facility”

2019, Foundation for Physical Therapy Promotion of Doctoral Studies I Award

Trainee, Co-Creator of research concept

Current/Active Research Activity:

Qualitative analyst and consultant

“Building a Foundation for a Healthy Adulthood: Barriers, Facilitators, and Potential Solutions for Increasing Physical Activity of Children with Disabilities”

Data Collection in process

Principal investigator

“The daily amount of physical pain doesn’t compare:” A Mixed Methods Examination of Chronic Pain in Adults with Cerebral Palsy (CPRN Study)

Manuscripts in preparation with DPT students

Principal investigator

A Systematic Review of Factors Impacting Fatigue in Adults with CP

Manuscript in preparation with DPT students

Membership in Scientific/Professional Organizations

American Academy of Cerebral Palsy and Developmental Medicine

2024-present

American Physical Therapy Association (Academy of Geriatric Physical Therapy, Academy of Research, Academy of Neurological Physical Therapy)

2014-2023, 2025-present

California Physical Therapy Association

2015-2016

Colorado Physical Therapy Association

2018-2023, 2025-present

Mortar Board National Honor Society

2009-2010

Consultative and Advisory Positions Held

American Academy of Cerebral Palsy and Developmental Medicine Emerging Leaders

2025-present

NEXT CP Transition to Adulthood Advisory Panel

Provider

2024-present

Chatham University Physical Therapy Program Alumni Advisory Council

2018-2020

Community Service

Academy of Physical Therapy Research, American Physical Therapy Association
Combined Sections Meeting Committee
Volunteer/abstract reviewer
2023-2024

Academy of Physical Therapy Research, American Physical Therapy Association
Qualitative Toolkit Committee
2023-2024

Academy of Neurological Physical Therapy, American Physical Therapy Association
Combined Sections Meeting Committee
Volunteer/abstract reviewer
2019-2021

Archives of Physical Medicine and Rehabilitation
Reviewer
2020

BMJ Open
Reviewer
2022

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

Service Learning Coordinator
Regis University School of Health and Rehabilitative Sciences
2025-present

Interprofessional Education Facilitator
Regis University School of Health and Rehabilitative Sciences
2023-present

Regis University Rueckhart Hartman School of Health Professions
Service Learning Committee
Committee member, search sub-committee member
2022-present

GLOBAL Inclusive Program (for students with intellectual disabilities)
Faculty Fellow
2023-2024

Regis University School of Rehabilitative and Health Sciences
Research Committee
Committee member
2022-2025

Regis University School of Rehabilitative and Health Sciences
Team Climate
Committee member
2022-2025

Regis University
University Research and Scholarship Council
Committee member
2022-2024

PT Continuing Education Given:

Exercise Prescription for Older Adults with Hospital Associated Deconditioning
2019, 2020, 2021

Marquette Lecture: Rehabilitation Strategies for Patients with Advanced Dementia
2018-2019

Invited presentations

"Understanding Low Back Pain in Adults with Cerebral Palsy." My CP Webinar Series. June 2025
Cerebral Palsy Research Network . <https://www.youtube.com/watch?v=4Xdurle7fYY>

"Unseen, Unaddressed, and Misunderstood: the Challenges of Living with Low Back Pain and Cerebral Palsy." Cerebral Palsy Research Network Investigator Meeting. May 2025.

"Social Determinants of Health for Adults with Chronic Low Back Pain and Cerebral Palsy."
Cerebral Palsy Research Network Investigator Meeting. May 2025.

"Adults with Cerebral Palsy and Low back Pain." My CP Webinar Series. July 2023. Cerebral Palsy Research Network . <https://www.youtube.com/watch?v=3shlfH0QceY&t=2832s>

"Social Determinants of Health for Adults with Chronic Low Back Pain and Cerebral Palsy."
Cerebral Palsy Research Network Investigator Meeting. April 2024.

"'My Body is in Premature Aging:' A Mixed Methods Examination of Low Back Pain in Adults with Cerebral Palsy." Cerebral Palsy Research Network Investigator Meeting. April 2024.

Current Teaching Responsibilities in the DPT Entry-Level Program for 2025-2026

Summer 2025:

DPT 707: Movement System Examination (Lab Assistant)

DPT 771: Professional Issues II (Tutorial Leader)

Fall 2025

DPT 776: Introduction to Evidence-Based Practice (Journal Club Leader)

DPT 740: Management Movement System (Lecturer/Lab Assistant)

DPT 708: Management Applications of Physiology I (Lecturer/Lab Assistant/leader)

DPT 736: Neuromuscular Management I (Lab Assistant)

DPT 772: Professional Issues/Case Management III (Tutorial Leader)

Spring 2026:

DPT 730: PT Examination (Course Coordinator)

DPT 773: Professional Issues IV (Tutorial Leader)

DPT 706: Movement Science (Lab instructor)

DPT 796: Capstone (Capstone Advisor)

Past teaching experience

DPT 731: Differential Diagnosis (Lab Assistant)

DPT 737: Neuromuscular Management II (Lecturer/Lab Assistant)

DPT 701: Human Anatomy and Histology (Lab Assistant)