

Stephanie Albin, PT, DPT, PhD, OCS, FAAOMPT

Assistant Professor, School of Physical Therapy

Regis University

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EDUCATION

PhD Program Rehabilitative Science, Fall, 2018

University of Utah, Salt Lake City, UT

Fellow American Academy Orthopaedic Manual Physical Therapist, May 2009

Regis University, Denver, CO

Doctor of Physical Therapy, December 2005

University of Utah, Salt Lake City, UT

Master of Physical Therapy, May 2003

University of Utah, Salt Lake City, UT

Bachelor of Science in Sport Science, May 1997

University of Kansas, Lawrence, KS

EMPLOYMENT

Assistant Professor, School of Physical Therapy, Regis University. Denver, CO Jan 2017 to Present.

Graduate Teaching Assistant. University of Utah Physical Therapy Department. Salt Lake City, UT Jan 2012-Jan 2017. *Musculoskeletal Management, Advanced Manual Therapy Techniques, and Doctoral Seminar.*

Teaching Assistant. Rocky Mountain University of Health Professions. Provo, UT May 2015-Dec 2017. *Introduction to Research Methods: A Quantitative Approach.*

Physical Therapist, Intermountain Healthcare, Salt Lake City, UT May 2003-December 2017.

Physical Therapist, University of Utah Orthopedic Center, Salt Lake City, UT May 2003-Jan 2004 and October 2014 to Present.

PUBLICATIONS IN REVIEW

Albin SR, Hoffman LR, MacDonald CW, Boriack 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 Ther. Submitted March 2021.

PUBLICATIONS

Smith AC, O'Dell DR, Dungan D, Robinson, E, Thaker, A, Gisbert, R, Weber KA, Berliner JC, **Albin SR**. *Spinal Cord Tissue Bridges Validation Study: Predictive Relationships with Sensory Scores.* Top Spinal Cord Inj Rehabil. Online ahead of print. 2021.

Berliner, JC, O'Dell DR, **Albin, SR**, Dungan, D, Sevigny, M, Elliott, JM, Weber KA, Abdie, DR, Anderson, JS, Rich AA, Seib, CA, Sagan HGS, Smith AC. *The influence of conventional T₂ MRI indices in predicting who will walk outside one*

year after spinal cord injury. *J Spinal Cord Med.* 2021. Doi: 10.1080/10790268.2021.1907676.

Hoffman, LR, Koppenhaver, SL, MacDonald, CW, Herrera, JM, Streuli, J, Visco, ZL, Wildermuth, N, **Albin, SR.** *Normative Parameters of Gastrocnemius Muscle Stiffness and Associations with Patient Characteristics and Function.* *International Journal Sports Physical Therapy.* 2020;16(1):41-48. Doi: 10.2663/001c.18803.

Albin, SR, Koppenhaver, SL, MacDonald, CW, Capoccia, S, Ngo, D, Phippen, S, Pineda, R, Wendlandt, A, Hoffman, LR. *The Effect of Dry Needling on Gastrocnemius Muscle Stiffness and Strength in Participants with Latent Trigger Points.* *Journal of Electromyography and Kinesiology.* 2020;55:102479. Doi: 10.1016/j.jelekin.2020.102479.

Smith, AC, **Albin, SR,** O'Dell, DR, Berliner, J, Dungan, D, Sevigny, M, Draganich, C, Elliott, JM, Weber, K. *Axial MRI Biomarkers of Spinal Cord Damage to Predict Future Walking and Motor Function: A Retrospective Study.* *Spinal Cord.* 2020. Doi: 10.1038/s41393-020-00561-w.

Tennant, LM, Nelson-Wong, E, Kuest, J, Lawrence, G, Levesque, K, Owens, D, Prisby, J, Spivey, S, **Albin, SR,** Jagger, K, Barrett, JM, Wong, JD, Callaghan, JP. *A Comparison of Clinical Spinal Mobility Measures to Experimentally Derived Lumbar Spine Passive Stiffness.* *Journal of Applied Biomechanics.* 2020.12:1-11. Doi 10.1123/jab.2020-0030.

Smith, AC, **Albin, SR,** Abott, R, Crawford, RJ Hoggarth, MA, Wasielewski, M, Elliott, JM. *Confirming the Geography of Fatty Infiltration in the Deep Cervical Extensor Muscles in Whiplash Recovery.* *Sci Rep.* 2020;10(1):11471. doi: 10.1038/s41598-020-68452-x.

Elliott, JM, Smith, AC, Hoggarth, MA, **Albin, SR,** Weber KA, Haager, M, Fundaun, J, Wasielewski, M, Courtney DM, Parrish TB. *Muscle Fat Infiltration Following Whiplash: A Computed Tomography and Magnetic Resonance Imaging Comparison.* *PLoS One.* 2020;15(6):e0234061. doi: 10.1371/journal.pone.0234061.

Albin, SR, Bellows, BK, Van Boerum, DH, Hunter S, Koppenhaver, SL, Nelson, RE, Marcus, R, Dibble, L, Cornwall, M, Fritz, JM. *Cost-Effectiveness of Operative versus Non-Operative Management of Patients with Intra-articular Calcaneal Fractures.* *J Orthop Trauma.* 2020;34(7):382-388. doi: 10.1097/BOT. 0000000000001731.

Albin, SR, Koppenhaver, SL, Marcus, R, Dibble, L, Cornwall, M, Fritz, JM. *Short-Term Effects of Manual Therapy in Patients after Surgical Fixation of Ankle and/or Hindfoot Fracture: A Randomized Clinical Trial.* *J Orthop Sports Phy Ther.* 2019;49(5):310-319. doi: 10.2519/jospt.2019.8864.

Albin, SR, Koppenhaver, SL, Bailey, B, Blommel, H, Fenter, B, Lowrimore, C, McPoil, TG. *The Effect of Manual Therapy on Gastrocnemius Muscle Stiffness in Healthy Individuals*. Foot. 2019;38:70-75. doi: 10.1016/j.foot.2019.01.006.

Albin, SR, Koppenhaver, S, Van Boerum, DH, McPoil, TG, Morgan, J, Fritz, JM. *Timing of Initiating Manual Therapy and Therapeutic Exercises in the Management of Patients after Hindfoot Fractures: A Randomized Controlled Trial*. J Man Manip Ther. 2018 26(3):147-156. DOI: 10.1080/10669817.2018.1432542.

Albin, SR, McPoil, TG, Cornwall, MW, Van Boerum, DH, Morgan, JM. *Plantar Pressure and Gait Symmetry in Individuals with Fractures versus Tendon Injuries to the Hindfoot*. J Am Pod Med Assoc. 2015; 105(6):469-77. doi: 10.7547/14-073.1.

Whitman, JM, Cleland, JA, Mintken, PE, Keirns, ML, **Albin, SR**, Magel J, McPoil, TG. *Predicting Short-term Response to Thrust and Nonthrust Manipulation and Exercise in Patients Post Inversion Ankle Sprain*. J Orthop Sports Phys Ther. 2009; 39(3):188-200. doi: 10.2519/jospt.2009.2940.

BOOK CHAPTERS AND MONOGRAPHS

Post-op Management of Orthopaedic Surgeries of the Ankle/Foot. Orthopedic Section, APTA Independent Study Course. **Albin, SR**, Cornwall, MW, Van Boerum, DH.

Albin, SR, Cornwall, MW, McPoil, TG. *Postoperative Management of Foot and Ankle Disorders (Chapter 56)*. Manual Therapy for Musculoskeletal Pain Syndromes of the Upper and Lower Quadrants: An Evidence-Informed Approach. Churchill Livingstone, 2014.

Joint Arthroplasty: Advances in Surgical Management and Rehabilitation.

Rehabilitation Following Total Ankle Arthroplasty. Orthopedic Section, APTA

PRESENTATIONS

Smith A, **Albin SR**, O'Dell DR, Dungan D, Thaker AA, Gisbert R, Berliner J, Weber KA. *Spinal cord tissue bridges validation study: predictive relationships with sensory scores following spinal cord injury*. Academy of Neurologic Physical Therapy Annual Conference. Virtual. October 2021.

Tennant LM, Nelson-Wong E, Kuest JD, Lawrence GA, Levesque K, Owens DS, Prisby J, Spivey SK, Jagger KL, **Albin SR**, Barrett JM, Wong JD, Callaghan JP. *A comparison of passive lumbar stiffness evaluated using a prediction equation and lumbar tissue stiffness measured via myotonometry*. Presented at the Canadian Society for Biomechanics Conference (CSB), May 25-28, 2021, Montreal, Québec, CA (virtual).

Albin SR, DiLiberto FE, Moon D, Pettineo SJ, Sigler R. *Coping with a bad breakup: The clinical management of foot and ankle fractures*. APTA Combined Sections Meeting. Educational Session. Virtual. March 2021.

O' Dell DR, **Albin SR**, Weber KA, Berliner JC, Sevigny M, Dungan D, Abdie DR, Anderson JS, Rich AA, Seib CA, Skadow HG, Elliott JM, Smith AC. *Can early MRI measures predict who will walk outside one year after spinal cord injury?* APTA Combined Sections Meeting Academy of Neurologic Physical Therapy Platform Presentation, Denver CO. February 13th, 2020.

Smith AC, **Albin SR**, Wasielewski M, McPherson JG, Kim HE, Hoggarth MA, Hornby TG, Elliott JM. *Incidence of reductions in leg muscle activation in severe whiplash associated disorders*. APTA Combined Sections Meeting, Denver CO. February 13th, 2020.

Albin SR, Koppenhaver, SL, MacDonald, CW, Capoccia, S, Ngo, D, Phippen, S, Pineda, R, Wendlandt, A, Hoffman, LR. "*The Effect of Dry Needling on Gastrocnemius Muscle Stiffness and Strength in Participants with Latent Trigger Points*. APTA Combined Sections Meeting, Denver, CO. February 13th, 2020.

AAOMPT 2019 Poster Presentation. *Integration of Pain Neuroscience Education and Manual Therapy for the Management of Chronic Great Toe Pain and Dysfunction – A Case Study*. Orlando, FL. October 25th, 2019.

CSM 2018 Educational Session. *Fracture to Arthroplasty: Management Strategies at the Ankle and Hindfoot*. **Albin, SR**, DiLiberto, F, Moon, D. New Orleans, LA. February 24, 2018.

Colorado APTA Fall Symposium. *Acute and Chronic Injuries of the Foot and Ankle: Practical Mechanics, Examination, and Management*. **Albin, SR**, McPoil, TM, Reinking, M. Keystone, CO. October 6th-8th, 2017.

University of Colorado Annual Sports Medicine Symposium. *Rehabilitation of the Athlete Following Ligamentous Injury*. Boulder, CO. September 22, 2017.

CSM 2017 Platform Presentation. *Timing of Supervised Physical Therapy after Hindfoot Fractures: A Randomized Controlled Trial*. **Stephanie Albin**, Shane Koppenhaver, Drew Van Boerum, Tom McPoil, Julie Fritz.

AOFAS 2016 Specialty Day. *Cost-Effectiveness of Surgical versus Non-Surgical Management after Intra-articular Calcaneal Fractures*. **Albin, SR**, Van Boerum DH, Bellow, B, Hunter, S.

APTA 2015 Orthopedic Section Annual Meeting. *Management of Post-operative Foot/Ankle Conditions*. Phoenix, Arizona. **Albin, SR**, Van Boerum DH.

CSM 2015 Pre-Conference Course. *Functional Movement Screening of the Lower Extremity and Therapy Interventions: A Laboratory Intensive Course*. **Stephanie Albin**, Jake Magle, Gail Deyle, Kate Thayne.

CSM 2014 Educational Session. *Foot and Ankle Content in Physical Therapy Education*. **Stephanie Albin**, Steve Pettino, Chris Neville, and Clarke Brown.

CSM 2014 Platform Presentation. *Rearfoot Fracture and Achilles Tendon Rupture Gait Patterns*. **Stephanie Albin**, Tom McPoil, and Mark Cornwall.

CSM 2013 Pre-Conference Course. *Manual Therapy Interventions for the Lower Extremity: a Laboratory Intensive Course*. **Stephanie Albin**, Gail Deyle, and Jake Magel.

AAOMPT 2013 Platform Presentation. *Foot and Ankle Manual Therapy for Aging and Older Adults*. Toby Kinney, Christian Little, **Stephanie Albin**.

CSM 2012 Pre-Conference Course. *Manual Therapy Interventions for Individuals with Acute and Chronic Foot and Ankle Pathologies*. **Stephanie Albin** and Christian Little.

CSM 2010 Educational Session. *Management of Rearfoot Trauma*. **Stephanie Albin**, Mark Cornwall, and Marie Johanson.

CSM 2010 Platform Presentation: *Differences in Plantar Loading in Individuals with Soft Tissue versus Bony Trauma to the Hindfoot: A Pilot Study*. **Stephanie Albin**, Mark Cornwall, and Tom McPoil.

TEACHING POSITIONS

- Rocky Mountain University of Health Professions. Teaching Assistant. Summer 2015-Present.
Introduction to Research Methods: A Quantitative Approach (HS 712 (SLP 2)/ HS 712 (HS 3)).
- University of Utah Orthopedic Residency Program. *Foot and Ankle Lectures and Lab*. 2012 to 2017.
- University of Utah Doctoral Physical Therapy Program. Graduate Teaching Assistant. 2012 to 2017.
Musculoskeletal Management (including manual therapy labs for Shoulder and Foot and Ankle and Foot and Ankle Lectures).
Advanced Manual Therapy Techniques (lecture and lab).
Research and Evidence Based Practice.
Doctoral Seminar III.
- Guest Lecturer Franklin Pierce University Doctor of Physical Therapy Program. January 2010.
Biomechanics of the Foot and Ankle.

GRANT ACTIVITY

Kopenhagen S, McGowen J, Davis J, Huffman D, Hoppes C, Albin SR. \$159,871. MyotonPRO assessment of relative muscle contribution during Army Combat Fitness Test deadlift in individuals with and without low back pain. Telemedicine & Advanced Technology Research Center (TATRC) AMEDD Advanced Medical Technology Initiative. Co-Principle Investigator. 2021-2022.

MRI and machine learning to improve early prognosis and clinical management after spinal cord injury. NIH Small Research Grant. Eunice Kennedy Shriver National Institute of Child Health and Human Development. R03HD94577-01A1. Co-Investigator \$192,699. 2019-2020.

The Effects of Dry Needling on Muscle Stiffness in Healthy Individuals. URSC. Principle-Investigator. \$2170. 2018-2019.

Preventing Biomechanical and Neuromuscular Consequences after Traumatic Ankle and Foot Fractures: An Exploratory Investigation of Manual Therapy Intervention. Joint Program Committee 5 (JPC-5) Defense Health Program (DHP) Musculoskeletal Injury Prevention Award. Principle-Investigator \$224,000. 2015-2017.

Using Shear Wave Elastography to Assess for Physiologic Changes after Blood Flow Restriction Training in Patients with Chronic Achilles Tendinopathy. Telemedicine & Advanced Technology Research Center (TATRC) AMEDD Advanced Medical Technology Initiative. Co-Investigator \$221,668. 2016-2017.

POSITIONS HELD and PROFESSIONAL MEMBERSHIPS

Nominating Committee Chair. Foot and Ankle Special Interest Group. 2020-21.

Nominating Committee. Foot and Ankle Special Interest Group. 2018 – 2020.
Nominating Committee Chair. Foot and Ankle Special Interest Group. 2012-2014.
Nominating Committee Foot and Ankle Special Interest Group. 2010 to 2012.
American Physical Therapy Association, Orthopedic Section 2000 – Present
American Academy of Orthopedic Manual Physical Therapy, 2009 – Present
Utah Chapter of the American Physical Therapy Association, 2000 – Present

PROFESSIONAL DEVELOPMENT

Member, Foot and Ankle Special Interest Curriculum Task Force. Orthopedic Section, American Physical Therapy Association, 2012.
Reviewer for American College of Occupational and Environmental Medicine Guidelines 2010 and 2015.

SERVICE

College of Health Professions Awards Committee. 2020-2021.
DPT Curricular Committee. 2017-Present
School of Physical Therapy Awards Committee Chair 2018-2020.
School of Physical Therapy Awards Committee. 2017-2020.
Post Professional Committee. 2017-Present.
Volunteer. 9 Health Fair: Provided free foot Screening for community members. Denver, CO. March 2017.
Volunteer. 9 Health Fair: Provided free foot Screening for community members. Denver, CO. March 2018.
Volunteer. 9 Health Fair: Provided free foot Screening for community members. Denver, CO. March 2019.

LICENSURE AND CERTIFICATION

State of Colorado Department of Regulatory Agencies Division of Professions and Occupations. Licensing 9-19-16 to present. License number: 0014381
State of Utah Department of Commerce-Division of Occupational and Professional Licensing: 5-13-03 to present. License number: 4906853-2401