

Dr. Watkins is a licensed physical therapist who has worked in the Boston area in acute care, orthopedics and homecare for over 25 years. She is an Associate Clinical Professor in the Physical Therapy Department at Northeastern, she teaches entry-level and advanced musculoskeletal, women's health, health administration and integument content. Her research focuses on the scholarship of teaching and learning to include ultrasound imaging, injury prevention and the role of wellness in physical therapy. Dr. Watkins has presented educational sessions at many international, national, and state professional conferences. She earned her BSPT and tDPT at Northeastern University, Boston, MA and her MBA from Anna Maria College in Paxton, MA. She is certified in Musculoskeletal Ultrasound Imaging, a Board-Certified Clinical Specialist in Orthopedics and is a licensed massage therapist with a certification in the Graston Technique.

CURRICULUM VITAE

8/2024

Maureen K. Watkins PT, DPT, MBA, LMT, Cert MSK- US

Board-Certified Clinical Specialist in Orthopedic Physical Therapy

Northeastern University

Department of Physical Therapy, Movement and Rehabilitation Science

360 Huntington Ave

Boston, Massachusetts 02115

Education:

Doctorate

Northeastern University, College of Professional Studies

Boston, Massachusetts

Physical Therapy

05/2009

Masters

Anna Maria College,

Paxton, Massachusetts

Business Management concentration in Leadership/ Entrepreneurial Studies

05/2002

Certification

Bancroft School of Massage Therapy

Worcester, Massachusetts

Massage Therapy Education

06/2002

Bachelor of Science

Northeastern University,

Boston, Massachusetts

Physical Therapy

05/1995

Licensure Information/Registration Number:

Physical Therapist – Commonwealth of Massachusetts License # 10480 1995-present (active)

Massage Therapist – Commonwealth of Massachusetts License # 5724 2002-present (active)

Certifications:

Board Certified Clinical Specialist in Orthopedic (OCS), Certification #: 41948

American Board of Physical Therapy Specialists

5/12/2012 & 10/1/2022-present

CITI- Social Science and Informed Consent
2023-present

Point of Care Ultrasound (POCUS) Fundamentals Certificate
5/2020-5/2023

Graston Technique Specialist Credential (GTS)
2018-present

Certification in Musculoskeletal Ultrasound Imaging (Cert. MSKUS)
2017-present

Certified E- Learning Instructor, Northeastern University Online and Distance
Learning Program
2014

STAR Program® Oncology Certification
2013

APTA Certified Clinical Instructor
2008-present

CPR certified, American Heart Association
1995-2026

Employment and Positions Held:

Academic

Associate Clinical Professor
Non-tenure track
Northeastern University
Department of Physical Therapy, Movement and Rehabilitation Sciences
Boston, Massachusetts
7/2021 - present

Assistant Clinical Professor
Non-tenure track
Northeastern University
Department of Physical Therapy, Movement and Rehabilitation Sciences
Boston, Massachusetts
10/2010 -7/2021

Adjunct Lecturer (online)
Northeastern University
Department of Physical Therapy: College of Professional Studies
Boston, Massachusetts
7/2014- present

Adjunct Professor
Massachusetts College of Pharmacy and Health Science
Department of Physical Therapy
Worcester, MA
2011 - 2012; 2014

Adjunct Clinical Instructor
Northeastern University
Department of Physical Therapy
Boston, Massachusetts
2004 - 2010

Clinical

Consultant Physical Therapist, outpatient care
Maribeth Crupi Physical Therapy
Backstage Dance Physical Therapist
LA Dance Project 5/20/17
5/2017 - 3/2020

Private Care Therapies, homecare
Senior Physical Therapist
Boston, MA
2/2019 - Present

Staff Physical Therapist, homecare
Hotel Recovery Homecare
Needham, Massachusetts
11/2013 - 2/2019

Staff Physical Therapist Per Diem, outpatient care
South County Physical Therapy
Worcester, Massachusetts
5/2010 – 9/2012; 1/2017 – 12/2018

Clinical Trainer, instructor
Interactive Motion Technologies
Watertown, Massachusetts
2009 - 2010

Staff Physical Therapist, homecare
VNA Care Network
Worcester, Massachusetts
2006 -2007

Owner/ Operator Massage Therapy Clinic
The Therapeutic Massage Therapy Clinic
Grafton, Massachusetts
2002 - 2002

Team Leader/Supervisor, acute inpatient hospital
Saint Vincent Hospital
Worcester, Massachusetts
1997 - 2000

Staff Physical Therapist, acute inpatient hospital
Saint Vincent Hospital
Worcester, Massachusetts
1995 – 5/2021

Peer Reviewed Publications:

Manske R, Markowski A, Hayward L, **Watkins M**, Maitland M, Physical Therapists. Use of Diagnostic Ultrasound Imaging in Clinical Practice: A Review of Case Reports. *International Journal of Sports Physical Therapy*. 2023;18(1)215-227. <https://doi.org/10.26603/001c.68137>

Markowski A, **Watkins M**, Maitland M, Manske R, Podoll K, Hayward L. Exploring the integration of diagnostic musculoskeletal ultrasound imaging into clinical practice by physical therapists, *Physiotherapy Theory and Practice*, 2022. DOI: 10.1080/09593985.2022.2135979. <https://www.tandfonline.com/doi/citedby/10.1080/09593985.2022.2135979?scroll=top&needAccess=true>

Markowski A, Maitland M, Hayward L, **Watkins M**, Manske R, Beneck G. Uncovering Expert Use of Musculoskeletal Diagnostic Ultrasound Imaging in Physical Therapy Practice *J Orthop Sports Phys Ther* 2022;52(1):OPL35,OPL1–56. doi:10.2519/jospt.2022.52.1.CSM1

Hayward L, Markowski A, **Watkins M**, Maitland M, Manske, R, Beneck G. Elements of Learning and Integration of Diagnostic Musculoskeletal Ultrasound Imaging into Practice: Physical Therapists' Educational Journeys. *Journal of Physical Therapy Education*, 9/2022;(3);p243-255. https://journals.lww.com/jopte/Abstract/2022/09000/Elements_of_Learning_and_Integration_of_Diagnostic.10.aspx

Markowski A, **Watkins M**, Pavlich A, Lacke K, Bredahl J. Reliability of Measuring the Medial Knee Joint Space using Ultrasound Imaging. *International Archives of Orthopedic Research and Therapy*, 2019; 2(1),5:8.
<https://www.arvinmedonline.org/assets/article-pdf/reliability-ofmeasuring-the-medial-knee-joint-space-using-ultrasound-imaging.pdf>

Markowski A, **Watkins MK**, Dzaugis P, Etzel V, Lindau A. Incorporating Real Time Ultrasound Imaging Education Within a Doctor of Physical Therapy Program: A Needs Assessment. *International Journal of Musculoskeletal Disorders: 2018 IJMD-106*. DOI: 10.29011/IJMD-106. 000006 Received Date: 23 June 2018; Accepted Date: 05 July 2018; Published Date: 16 7/2018.

Markowski A, **Watkins M**, Barret T, Ho M, Ling M. Using real-time ultrasound imaging to enhance Physical Therapist students' confidence and ability to perform joint traction of the knee. *Musculoskeletal Science and Practice* 2018; 34: 83-88.
<http://doi.org/10.1016/j.msksp.2018.01.005>.

Markowski A, **Watkins M**, Bredahl J, Lacke K, Pavlich A. Reliability of Measuring the Medial Knee Joint Space using Ultrasound Imaging. Platform Presentation. AAOMPT Reno, NV 11/2018.

Day L, Markowski A, **Watkins M**. Using Real-time Ultrasound Imaging to Enhance Students' Learning of Anatomical Knowledge in Physical Therapy Education (Abstract). *The Federation of American Societies For Experimental Biology (FASEB) Journal* 2018 32:1_supplement, 636.7-636.7.
https://www.fasebj.org/doi/10.1096/fasebj.2018.32.1_supplement.636.7

Markowski A, **Watkins M**. The benefits of using real-time ultrasound to teach knee traction in physical therapist education. *Journal of Manual and Manipulative Therapy Annual Conference*, Salt Lake City, UT 10/2017.

Watkins M, Gauthier, P, Pempkowski, L, Markowski A, The Use of the Functional Movement Screen for Recreational Dancers: A Systematic Review (Abstract). *IADMS (International Association for Dance Medicine and Science) Conference*, Philadelphia, PA 10/2015.

Peer Reviewed Scientific and Professional Presentations:

Watkins M, Beneck G, Markowski M, Brisbin L, Nguyen S. Integrating Ultrasound Imaging into DPT Anatomy Curricular: A Multimodal Approach to Promote Learning Presentation. Combine Sections Meeting (CSM) Boston, MA 2/2024

Watkins M, Markowski A. Advancing Physical Therapy Practice: Utilizing Musculoskeletal Ultrasound for Lower Leg Pain. Presentation. APTA of Massachusetts Annual Conference Norwood, MA
11/11/2023

Watkins M, Powell B, Seybert S, Smith S. Ultrasound Imaging Use, Exposure, and Education in the United States Physical Therapy Programs. Poster Presentation. Combined Sections Meeting (CSM) San Diego CA,
2/2023

Manske R, Markowski A, Hayward L, **Watkins M**, Maitland M, Physical Therapists. Integration MSK-US Integration into Physical Therapist Clinical Practice: Directions Exemplified By Case Reports, Panel discussion, Combined Sections Meeting (CSM) San Diego CA
2/2023

Markowski Alycia, Maitland Murray, **Watkins M**, Hayward Lorna, Manske, Robert, Beneck George. Uncovering Expert Use of Musculoskeletal Diagnostic Ultrasound Imaging in Physical Therapy Practice. Platform presentation, Combined Section Meeting, (Orthopedics/ Imaging Section) San Antonio, TX
2/2/2022

Watkins Maureen, Hayward Lorna, Maitland Murray, Beneck George, Markowski Alycia, Manske, Robert. Case-study in Translating Advances in Practice to the Classroom: diagnostic musculoskeletal ultrasound imaging. Educational Session, *Educational Leadership Conference*
10/22/2021

Maitland Murray, Hayward, Lorna. Markowski Alycia, **Watkins Maureen**, Beneck George, Manske, Robert, Hayward, Lorna. Expert Clinical Reasoning and Decision-Making that Incorporates Musculoskeletal Ultrasound Imaging into Physical Therapists' Diagnostic Strategies. Platform Session *Educational Leadership Conference*
10/22/2021

Watkins M, Markowski A, Ultrasound Imaging Impact On Physical Therapy Education. Presentation Accepted. *American Institute of Ultrasound Medicine (AIUM) Conference and Annual Integrative Meeting*. Virtual
4/11/2021

Watkins M, Markowski A, Chorlian A, Faley O, Kang J, Kuppens C. Ultrasound Imaging as an Adjunct Teaching Tool to Enhance Learning Four Shoulder Special Tests. Poster Presentation Accepted. *APTA Combine Sections Meeting (CSM)*, Orlando Florida/Virtual
2/1/2021

Watkins M, Markowski A. How Can Ultrasonography Enhance Medical and Physical Therapy Education? Conference Presentation. *International Conference on Medical Imaging and Case Reports (MICR)*, Newton MA Invited.
11/22/2019

Watkins M. Introduction to Diagnostic Ultrasound use in Physical Therapy Practice. Conference Presentation. *APTA of MA Annual Conference*, Norwood MA, Invited.
10/26/2019

Markowski A, **Watkins M**, Bredahl J, Lacke K, Pavlich A. Reliability of Measuring the Medial Knee Joint Space using Ultrasound Imaging. Platform Presentation. *AAOMPT Reno NV*
11/9/2018

Watkins M, Markowski A. The Benefit of Incorporating Ultrasound Imaging as Adjunct Teaching Tools to Enhance Physical Therapist Students' Ability and Confidence to Perform Manual Therapy. Conference Presentation. *International Conference on Medical Imaging and Case Reports (MICR)*, Baltimore MD, Invited.
10/30/2018

Day L, Markowski M, **Watkins M**. Using Real-time Ultrasound Imaging to Enhance Students' Learning of Anatomical Knowledge in Physical Therapy Education. Poster presentation. *American Association of Anatomists Annual Meeting*, San Diego CA,
4/23/2018

Markowski A, **Watkins M**, Day L. The Benefits of Using Real-Time Ultrasound to Teach Knee Traction in Physical Therapists Education. Platform presentation. *AAOMPT conference*, Salt Lake City UT
10/21/2017

Watkins M, Markowski A, Day L. Enhancing Physical Therapy Education with Ultrasound Imaging to Promote Physical Therapist Excellence. Poster presentation. *American Physical Therapy Association of Massachusetts Annual Conference*, Norwood MA
10/28/2017

Markowski A, **Watkins M**, Day L. Using real-time ultrasound imaging to enhance students' learning manual skills to include accurate palpation and effective joint distraction in physical therapy education. *NEXT APTA Conference* in Boston MA
6/2017

Watkins M, Markowski A, Day L, Burnett T, Ho M, Ling M, Adams J, Dodge K, Sanfiorenzo V, Wagner G. Using Ultrasound Imaging to Provide Real-Time Visualization in Physical Therapy Learning *Conference for Advancing Evidence-Based Teaching (CAET)* at Northeastern University, Boston MA

5/2017

Markowski A, **Watkins M**. "Development of an Injury Risk Assessment Workplace Wellness Screening Tool.," *International Federation of Manual Physiotherapist Conference (IFOMPT)*, Glasgow Scotland,

7/2016

Watkins M, Markowski A, Moriarty K, Barnum J, De Monts de Savasse C, Hopkins L, Santos M. Are Health and Wellness Needs Being addressed for College Students? *American Physical Therapy Association of MA Fall Conference and Exposition*, Norwood MA,

10/2015

Watkins M, Markowski A, Gauthier, P, Pempkowski, L. The Use of the Functional Movement Screen for Recreational Dancers: A Systematic Review. *IADMS (International Association for Dance Medicine and Science) 25th Annual Meeting and Conference*, Pittsburg PA,

10/2015

Watkins M, Markowski A, Thompson L, Vasquez J. Exploring the Need for a Wellness Program Screening Tool. *American Physical Therapy Association of MA Fall Conference and Exposition*, Norwood MA,

10/2014

Watkins M, Markowski A, Lampl J, Toy R, Whalen, D, Rogers, R. The Effects of an Employee-Based Health and Wellness Program on Change in General Health Behaviors *Combine Section Meeting APTA (CSM) Las Vegas NV*,

2/2014

Markowski A, **Watkins M**, Bogins A, Morris, L, Perkins, L, Rogers, R. Effectiveness of a comprehensive workplace wellness and exercise program on self-reported quality of life measures and health indicators. *Combine Section Meeting APTA (CSM) Las Vegas NV*,

2/2014

Watkins M, Markowski A, Foley K, Fenerlis A, Szmajda, K. The effects of exercise on physical and perceived health, *2012 American Physical Therapy Association of MA Fall Conference and Exposition* Waltham MA,

11/2012

Watkins M, Markowski A. Importance of screening participants for health and wellness programs to ensure safety and endorse individual health promotion,

International Federation of Manual Physical Therapist (IFOMPT) Quebec, Canada
10/1/2012

Watkins M. The Female Athlete and The Pelvic Floor. *American Physical Therapy Association of MA Fall Conference and Exposition.* Norwood, MA
11/2011

Watkins M, Corkery M, Narzabal S, Pann H, Young S. Soft Tissue Mobilization Techniques in Orthopedics: A Systematic Review. *American Physical Therapy Association of MA Fall Conference and Exposition* Norwood, MA
11/2011

Watkins M. The Female Athlete and The Pelvic Floor. *Southern Metropolitan Section of APTA.* Milton Hospital. Milton, MA.
4/2011

Other Scientific and Professional Presentations:

Nolan D, **Watkins M,** Brisbin L, Lawrence L, Folmar E. Evidence-Based Management of Orthopedic Shoulder Dysfunction: Gross Anatomy Implications for the Physical Therapist. Northeastern University, Boston, MA
4/29/2023.

Watkins M. Hamstring Injury and Prevention. Presenter, AAOMPT sSIG
Northeastern University
1/15/2020

Watkins M. A Teaching Session Leader for: Hands-on Ultrasound Symposium for Frontline Providers. Bostonchildrens.org/ultrasoundcme
5/1/2019

Watkins M. Moderator and organizer. Interprofessional Panel to Discuss Solutions to Massachusetts Opioid Crisis. APTA of MA-Central district. Saint Vincent's Hospital, Worcester, MA
4/4/2019

Watkins M. Panelist for Inter-professional student organization on pain management across the professions. Northeastern University.
4/2017

Watkins M, Markowski A. Technology use with Doctorate Level Physical Therapy Students, Teaching with Technology Day, (presentation and panel discussion)
4/9/2012

Watkins M. The Female Athlete and The Pelvic Floor. (Invited) Department of Rehabilitation Services. Saint Vincent Hospital
5/2011

Watkins M, Colorio T. A Healthy You- Preventing Dance Injuries Presentation. H&H Dance Academy, Millbury, MA
3/2011

Funded/In Review Grant Activity:

Hayward LM (PI), **Watkins M** (Co-PI), Markowski A (Co-PI), Maitland M (Co-PI), Beneck G (Co-PI), Manske R (Co-PI)
Partial funding offered: \$8,000 out of \$20,000.
Point of Care Ultrasound in Physical Therapy Practice, Uncovering Novice to Expert Professional Pathways to Inform an Evidence -Based Pedagogical Approach.
11/2020, APTA Academy of Education Grant

Markowski A (PI 50%), **Watkins M (Co-PI 40%)**, Day L (Co-PI 10%)
Awarded: \$15,000.
Using Real-time Ultrasound Imaging to enhance learning and clinical application of anatomy, biomechanics, motor control and patient care across the Physical Therapy Curriculum.
2016, Grants for Advancing Undergraduate Teaching and Learning Northeastern Tier 3

Corkery M (Co-PI 50%), **Watkins M (Co-PI 50%)**, Faculty Supervisor
Awarded: \$1360
Soft Tissue Mobilization Techniques in Orthopedics.
2010, Northeastern University. Provost Undergraduate Research Grant.

Corkery M (Co-PI)50%, **Watkins M (Co-PI 50%)**, Faculty Supervisor
Awarded: \$1360
Soft Tissue Mobilization Techniques in Orthopedics.
2011, Northeastern University. Provost Undergraduate Research Grant.

Watkins M (Co-PI 50%), Markowski A (Co-PI 50%), Faculty Supervisor
Awarded: \$1470 Emerald Health and Wellness Project:
The Effects of Exercise on Physical and Perceived Health.
2011, Northeastern University, Provost Undergraduate Research Grant.

Watkins M (Co-PI 50%), Markowski A (Co-PI 50%), Faculty Supervisor
Awarded: \$1625
Emerald Health and Wellness Project: Cardiovascular Risk Factors.
2011, Northeastern University, Provost Undergraduate Research Grant.

Watkins M (Co-PI 50%), Markowski A (Co-PI 50%), Faculty Supervisor

Awarded: \$1696

Emerald Health and Wellness Emerald Health and Wellness Project: Heart Rate Recovery.

2011, Northeastern University, Provost Undergraduate Research Grant.

Current/Active Research Activity: Scholarship of teaching and learning with ultrasound imaging, health and wellness promotion and injury prevention.

Watkins, M (PI)

Learning Knee/Shoulder Anatomy with Adjunct Ultrasonography Mentoring Sessions Northeastern Capstone Project 2024.

Northeastern IRB approved

No funding

Watkins M (PI), Hayward LM (Co-PI), Markowski A (Co-PI), Maitland M (Co-PI), Beneck G (Co-PI), Manske R(Co-PI)

Pilot Integrating Diagnostic US imaging into PT Treatment 2023-2024.

Northeastern IRB approved

No funding

Membership in Scientific/Professional Organizations:

APTA National: Imaging SIG research group

2020-present

Active member/secretary

APTA of MA: present

2009- 2018; 2022

Elected Assembly Representative for Central District;

APTA of MA:

11/2018- 1/2022.

Elected, Chief Central District Representative

APTA of MA:

4/2016- present.

Finance Committee, Chair 1/2024- present

Finance Committee, Member 4/2016- 1/2024

APTA National: Orthopedic Membership Committee

2009- 2012.

Member

APTA Special Sections: Orthopedic, Clinical Electrophysiology and Wound Management, Education, and Acute Care section Special Interest Groups: Performing Arts, Manual, Wound care, Imaging.

1995- present.

Member

APTA of MA APTA of MA Shoulder SIG, APTA of MA Manual SIG

1995- Present

Member

International Association of Dance, Medicine, and Science

2010, 2012 -2023

Member

American Institute of Ultrasound in Medicine

9/2019 -9/2022.

Member

Academy of Prevention and Health Promotion Therapies

11/2019 -12/2020.

Member

Consultative and Advisory Positions Held:

Taemin Kang sDPT, Abigail Honson sDPT, Kevin Karott sDPT, Diky Wangmo sDPT, Connor Whitehead sDPT.

Learning Anatomy with Adjunct Ultrasonography Mentoring Sessions 2024

Capstone project

Northeastern University, Department of Physical Therapy, Movement, and Rehabilitation Sciences

Spring 2024- Fall 2024

Sydney Hlavacek sDPT, Erin McElhinney sDPT, Isabella Montecalvo sDPT, Pierre-Andre Pascal sDPT, Haocheng Zhang sDPT.

Learning Anatomy with Adjunct Ultrasonography Mentoring Sessions with DPT students. Capstone project

Northeastern University, Department of Physical Therapy, Movement, and Rehabilitation Sciences

Spring 2023/ Fall 2023

Lucas Ackerman sDPT, Heidi Chang sDPT, Shannon Dorsey sDPT, Alexa Ferranti sDPT, Emily Werkheiser,

Learning Anatomy with Adjunct Ultrasonography Mentoring Sessions with Physical Therapy Students. Capstone project.

Northeastern University, Department of Physical Therapy, Movement, and Rehabilitation Sciences

Fall 2021/ Spring 2022

Brandon Powell sDPT, Samuel Seybert sDPT, Shahara Smith sDPT,
 Ultrasound Imaging Use, Exposure, and Education in United States Physical
 Therapy Programs. Capstone project
 Northeastern University, Department of Physical Therapy, Movement, and
 Rehabilitation Sciences
 Fall 2020/ Spring 2021

Armen Chorlian sDPT, Oluwadara Faleye sDPT, Jiawen Kang sDPT, Caroline
 Kuppens, sDPT.
 The Use of Ultrasound Imaging as an Adjunct Teaching Tool to Enhance PT
 Students' Clinical Reasoning and Confidence. Capstone project
 Northeastern University, Department of Physical Therapy, Movement, and
 Rehabilitation Sciences
 Fall 2019/ Spring 2020

Leah Thompson sDPT, Mollie Sanregret sDPT.
 Using Ultrasound Imaging (USI) as Adjunct Teaching Tools to Enhance PT
 Students' Clinical Reasoning and Confidence to Perform Shoulder Special Tests.
 Capstone project
 Northeastern University, Department of Physical Therapy, Movement, and
 Rehabilitation Sciences
 Fall 2018/ Spring 2019

Anthony Pavlich sDPT, Kevin Lacke sDPT, Jamie Bredahl sDPT,
 Reliability of Measuring the Medial Knee Joint Space using Ultrasound Imaging.
 capstone project.
 Northeastern University, Department of Physical Therapy, Movement, and
 Rehabilitation Sciences
 Fall 2017/ Spring 2018)

Todd Burnet sDPT, Melissa Ho sDPT, Michael Ling sDPT,
 Using Real-Time Ultrasound Imaging to Enhance Physical Therapist Students'
 Performance and Confidence Performing Joint Distraction of the Knee. capstone
 project
 Northeastern University, Department of Physical Therapy, Movement, and
 Rehabilitation Sciences
 Fall 2016/ Spring 2017

Peter Dzaugis sDPT, Victoria Etzel sDPT, Alyssa Lindau sDPT,
 Incorporating Real Time Ultrasound Imaging Education Within a Doctor of Physical
 Therapy Program: A Needs Assessment. *Honors* capstone project.
 Northeastern University, Department of Physical Therapy, Movement, and
 Rehabilitation Sciences
 Fall 2015/ Spring 2016

Marsha Bowman sDPT CPS-graduate level Mentor,
Comprehensive Case Analysis on Pelvic Surgeries.
Northeastern University
Fall 2014/ Spring 2015

Business- Board Advisor:Lauren Jarmusz and Marquis Cabrera
PhysioCare.io
2015

Kate Moriarty sDPT, John Barnum sDPT, Constance de Monts de Savasse sDPT,
Lauren Hopkins sDPT, Marissa Santos sDPT,
Development of an Injury Risk Assessment Workplace Wellness Tool. *Honors*
capstone project
Northeastern University, Department of Physical Therapy, Movement, and
Rehabilitation Sciences
Fall 2014/ Spring 2015

Physical Therapy Consultant
H&H Dance Academy
2015- 2018

Philip Gauthier sDPT, Laura Pempkowski sDPT,
The Use of the Functional Movement Screen for Recreational Dancers: A
Systematic Review. capstone project
Northeastern University, Department of Physical Therapy, Movement, and
Rehabilitation Sciences
Fall 2013/ Spring 2014

Lisa Thompson sDPT; Jessica Vasquez sDPT
Exploring the Need for a Wellness Program Screening Tool. capstone project
Northeastern University, Department of Physical Therapy, Movement, and
Rehabilitation Sciences
Fall 2013/Spring 2014

Amanda Bogins sDPT, Lindsay Morris sDPT, Lisa Perkins sDPT,
Effectiveness of a comprehensive workplace wellness and exercise program on
self-reported quality of life measures and health indicators. capstone project
Northeastern University, Department of Physical Therapy, Movement, and
Rehabilitation Sciences
Fall 2012/ Spring 2013

Jillian Lampl sDPT, Robyn Toy sDPT, Dana Whalen sDPT.
The Effects of an Employee-Based Health and Wellness Program on Change in
General Health Behaviors. capstone project
Northeastern University, Department of Physical Therapy, Movement, and
Rehabilitation Sciences

Fall 2012/ Spring 2013

Amanda LeMarier sDPT, Janine Pariente sDPT.
 Analysis and Application of Assessing Heart Rate Recovery in a 10-Week Small Business Employee Exercise Program. capstone project
 Northeastern University, Department of Physical Therapy, Movement, and Rehabilitation Sciences
 Fall 2011/ Spring 2012

Angela DeFilippo sDPT, Abbie Hafensteiner sDPT, Shaina Petit sDPT.
 Effects of a 10 Week Exercise Program on Cardiovascular Risk Factors and Biometrics for Employees of a Small Business. capstone project
 Northeastern University, Department of Physical Therapy, Movement, and Rehabilitation Sciences
 Fall 2011/Spring 2012

Alexandra Fenerlis, sDPT, Kelly Foley, sDPT, Kirsten Szmaida, sDPT.
 The effects of exercise on physical and perceived health. capstone project
 Northeastern University, Department of Physical Therapy, Movement, and Rehabilitation Sciences
 Fall 2011/Spring 2012

Samantha Narrzabel sDPT, Hayley Pann sDPT, Sara Young sDPT,
 Soft Tissue Mobilization Techniques in Orthopedics. capstone project
 Northeastern University, Department of Physical Therapy, Movement, and Rehabilitation Sciences
 Fall 2010/ Spring 2011

Community Service:

Northeastern PT Coordinator and Volunteer
 Pan-Mass Challenge, Therapeutic Massage Tent.
 Coordinate current physical therapy students and alumni to provided soft tissue mobilization to Pan Mass participants. Responsible for treatments of massage, gentle stretching and patient education. Recruit, coordinate and assist NUPT students and alumni to participate 50-70 each year. Consulted with PMC coordinators to prepare for event.
 8/2010- 2019, 2023, 2024(coordinator only) (2020-2022 cancelled).

Medical Volunteer
 Boston Marathon Medical Tent-
 Worked within a multi-disciplinary team treating runners at the finish line of the marathon. Responsible for physical therapy treatments: vitals, massage, stretching, transfers, & patient education.
 April 2011, 2012, 2014, 2015, 2019, (2020 cancelled), 10/2021, 2022, 2023, 2024

Volunteer/ walker/ assisted with massage fundraiser, NUPT team:
Relay for life
3/2019, 2020 (cancelled), 2022

Volunteer.
St. Vincent DePaul Society, Assist with monthly food bank distribution and organization, holiday baskets and clothing drive:
2017- 2022

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

University:

3/2024
Alumni Relations Volunteer
NU@Noon Spring Program
Lead an online stretching program for NU alumni

5/2022
Graduate Commencement, Faculty Volunteer

2014-2016, 2019
Undergraduate Commencement, Faculty Marshall/volunteer

2013, 2023
Undergraduate Commencement Faculty Procession

College:

9/2024 – Present
Bouvé Graduate Curriculum Committee, Chair

1/2022- Present
Bouvé Graduate Curriculum Committee, Member

1/2017- 12/2018.
Bouvé Graduate Curriculum Committee, Member

2012-2017
Health Science Honor Awards Ceremony, Presenter

10/2017, 2/2019
Transfer student information session “What is in a major?”, Faculty representative.

2010- 2019
Bouvé Health Science Thursdays/Fridays, Faculty representative

11/2017.

Bouvé Interprofessional activity: Volunteer Lab instructor: Physician's Assistant Program in a 4-hour Ultrasound lab instruction,

School:

2022- present
SoCRS Awards Committee Member

Department:

2024- present
PT Club advisor

2021-2023
Comprehensive Practical Exam Committee Chair/Coordinator
2021- Focus group Interviewer for CPE committee

9/2022- 9/2024
Awards Committee, Chair

2021-2022
Awards Committee, Co-chair

2016- present
Curriculum and Outcomes Committee, Member
2023- Focus group interviewer for Curriculum

2021-present
Comprehensive Exam Committee Member

2019- present
PTMRS Therapy Dog Development Committee
9/2020-present

DPT Graduate Admissions, Member
2016-present

Clinical Education Midterm Clinical visits/calls
May 2020-present

Re-imagining DPT Education Taskforce, Member
April 2020-2021

Student Success for Clinical Education, Mentor
10/2020-6/2021

Search Committee, Member, Open Rank Faculty

10/2020-2023

DPT Open House Admissions Event, Faculty Volunteer
2019

Search Committee, Associate Faculty, Chair
2019- Fall 2021

Physical Therapy Alumni/Social Media Committee, Member
March 2019

Alumni Panel, Guest speaker
2018- 2021.

Musculoskeletal Content, Coordinator
2018- 2020

PT Board preparation one on one sessions, Mentor
2011- 5/2019

Physical Therapy Club, Advisor/Chair, Physical Therapy Department
2012 and 2017

DPT Graduation and Pinning Ceremony, Faculty speaker
2011, 2013-2016, 2018, 2019, 2022, 2023

DPT Graduation and Pinning Ceremony, Hooder
2016, 2017, 2019, 2021-present

White Coat Ceremony, Volunteer
2017-2019, 2021-present

Post-Baccalaureate Application Review Committee, Member
Spring 2017

Panel Discussion with Pharmacy Dept: Presenter
2016-2018

Stress Management Program, Coordinator, PT club
10/2017, 3/2019

Internal Transfer Student Luncheon, Q and A, Member
2013- 2018, 2021, 2022

Annual Phonation Early Admitted Students, Member
2015, 2016, 2018, 2021

Welcome Day for Physical Therapy Students, Member
Spring 2014

Presentation and in-service: Faculty representative, NU Residential Life.
2010- 2011

Academic Standing Committee, Member
2010- 2011

Profession:

1/2022, 1/2023, 1/2024
APTA of MA Leadership forum
Participant

3/2023
APTA of MA Central district
Behind the Mask: Long Haul COVID and it's implications for PT.
Organized education session/promoted/attended

4/2023
APTA of MA
Social event for Central district: Meet and Greet
Coordinated/ planned/ recruited/ attended

9/2022
APTA of MA
Worcester Cancer Walk for Central District
Coordinated/participated

4/2019
Interprofessional Panel to Discuss Solutions to Massachusetts Opioid Crisis. APTA
of MA-Central district
Moderator/organizer education session.

2013-2015, 2017, 2019, (2020-2023 cancelled)
APTA of MA: Advocacy Day and Legislator Education Session, Massachusetts
State House.
Actively planned central district event, participated and co-coordinated 100+
students.

Honors and Awards:

Richard Kessler Memorial Award- American Physical Therapy Association of
Massachusetts (APTA of MA)

11/2023

Award of Excellence in Academic Education- American Physical Therapy Association (APTA): Academy of Clinical Electrophysiology and Wound Management
1/2020

Bouvé College of Health Sciences Distinguished Educator Award Nominee-
2019/2020

Undergraduate Research Presentation Finalist- Markowski A, Watkins M, Pavlich A, Lacke K, Bredahl J. Reliability of Measuring the Medial Knee Joint Space using Ultrasound Imaging. Northeastern University RISE Research Expo
2018

Excellence in Community Engagement Award- Physical Therapy, Movement and Rehabilitation Science Department, Northeastern University
2017

Undergraduate Research Presentation Finalist- Markowski A, Watkins M, Burnett T, Ho M, Ling M. Using real-time ultrasound imaging to enhance learning and clinical application of joint distraction in physical therapy education. Northeastern University RISE Research Expo
2017

Delta Zeta Teacher Appreciation Award
2014-2016, 2018, 2019

Continuing Education Attended

2024

Combined Section Meeting (CSM) Boston, MA
APTA

Integument, Leadership, Education, Private practice and Orthopedic sessions
2/2024

Tai Chi Fundamentals® Course One:Basic Moves Training Course (12 contact hours)
3/2024

4th American Academy of MSK Ultrasound (AAMU) Virtual Symposium
Integration of Musculoskeletal Point of Care Ultrasound in Clinical Practice: Clinical Pearls from the Experts.
3/2024

2023

CAPTE self-study online course
1/2023.

Promotion of physical Activity for people with disabilities: Bridging the gap between research, implementation, DEI and advocacy. (contact hours 1.0)
Northeastern University Dr. Winston Kennedy
2/9/2023.

Combined Section Meeting San Diego, CA.
APTA
Integument, Leadership, Education and Orthopedic sessions
2/2023

3rd American Academy of MSK Ultrasound (AAMU) Virtual Symposium
Integration of Musculoskeletal Ultrasound in Clinical Practice: Clinical Pearls from the Experts.
3/25/2023.

Clarius
Expert Ultrasound Guidance for Accurate MSK Injections, Part 3: The Achilles. (1.0 Contact hour)
3/28/2023

APTA of MA
Behind the Mask: Long Haul COVID and it's implications for PT. By Meaghan Anderson (1.5 CEU/ contact hours)
3/28/2023

CATLR Northeastern University
Generating Ideas for Your Teaching and Diversity Statements Workshop.(1 contact hour)
3/30/2023

CATLR Northeastern University
Building Community: Setting Expectations and Addressing Microaggressions (1.0 contact hour)
9/12/2023

CATLR Northeastern University
Reaching Groups of Students with Differing Backgrounds and Interests. (1.0 contact hour)
9/20/2023

APTA of MA Annual Conference (6 0 contact hours)
11/11/2023

Hawkgrips
IASTM Interventions for Carpal Tunnel Syndrome (1.0 contact hour)
12/14/23

2022

CATLR Northeastern University
Building Community and Addressing Microaggressions, (1.25 contact hours)
1/31/2022

CATLR Northeastern University
Fostering Academic Integrity (1.5 contact hours)
3/3/2022.

Sonoskills. Webinar
“Handheld Devices in MSK Ultrasound - Part 1” (1.0 contact hour)
3/17/2022

Northeastern University
Transforming Teaching with Tablets Course. 10 weeks, Instructors Rachel Plews,
Erin Provensal, Jesse Savage, Lucas Wright
Spring 2022.

Sonosite:
Behind the Scan: Using the Ultrasound to Evaluate the Anterior Ankle, (1.0 contact
hours)
8/30/2022.

Sonosite:
Behind the Scan: Time and Cost Saving Tips for Using Ultrasound to Evaluate the
Medial Ankle, (1.0 contact hours)
9/27/2022.

Sonosite:
Behind the Scan: Efficient and Cost Saving US Evaluation of Lateral Ankle, (1.0
contact hours)
10/11/2022.

APTA of MA Ortho SIG
“Management of Lower Extremity Injuries in the Skeletally Immature Patient: Our
Young Patients Are Not Just Little Adults” Trevor Winnege, PT, DPT (1.5 Contact
hours)
10/18/2022.

PESI
Best Practice Wound Care online course (15.5 CE hours). Instructors Joan Junkin,
Ann Taylor and Kim Saunders,

11/2022.

2021

Academic Impressions

Anti-racism and cultural literacy training. (1.5 contact hours) online 4 modules.
12/2/2021.

Bouve DEI Committee

DEI Coffee Chats: Cultural Literacy (1.0 contact hours)
12/2/2021.

Northeastern University ADVANCE Office of Faculty Development

STRIDE 2 Training (1.5 contact hours)

11/2/2021

AIUM

Sonography Exam for Scapula Dyskinesis. Phillip M Steele MD. (1.0 contact hour)
10/18/2021.

CATLR Northeastern University

Sustainable and Anti-Racist Grading Practices.(1.0 contact hour)

8/30/2021.

Educational Leadership Conference. Atlanta, Georgia, (12 contact hours)

10/2021

Northeastern Bouve HR Lunch and Learn:

Navigating Transitions with Resilience. (1.0 contact hour)

8/25/2021.

APTA Orthopedic Special Interest Session:

Orthopedic Cases (1.5 contact hours)

7/21/2021.

Northeastern Bouve

DEI Retreat Virtual Event. (2.5 contact hours)

5/25/2021

Northeastern University

Driving. Equitable Innovation in Health & Technology with Donald Martin Jr. (1.0 contact hour)

3/25/2021

American Institute of Ultrasound in Medicine (AIUM) 2021

Conference and Annual Meeting. (6 contact hours)

4/11-21/2021 Virtual

APTA Combine Section Meeting (CSM)
Orlando Virtual
2/2021

APTA Pelvic Health.
Journal Club: Diastasis Made Easy with PPP-RR-LD (Person, Posture, Patterns, Respiration, Ribcage, Load and Defect. Grainne Donnelly. (1.5 contact hours)
1/22/21

2020

The Chronicle of Higher Education
Race, Class and Campus Climate Virtual Conversation. Online
12/10/2020. (1.0 contact hour)

CATLR
Global Learning Series, Part 4: Designing for Inclusive Global Learning. Online.
11/16/2020 (1.0 contact hour)

APTA
NE Regional Virtual Annual Conference Online.
11/7/ 2020 (4 contact hours)

CATLR Global Learning Series,
Part 3: Ethical Community-Based Learning. Online.
11/2/2020 (1.0 contact hour)

Northeastern Faculty Friday:
Rising to the Racial Justice Call to Action. Inclusive Teaching Online.
10/30/2020 (1.5 contact hours)

HODS International Conference in Electromyography and MSK Ultrasound.
Online virtual conference.
10/3-10/4/2020 (16 contact hours)

WoundCon 2020
“Learn Today, Apply Tomorrow” Online virtual conference.
7/17/2020 (4.5 contact hours)

Dr. Jpop
Live Webinar: Anti-Racism & Allyship for Rehab and Movement Professionals, \.
6/9/2020. (1 contact hour)

North American Institute of Orthopedic Manual Therapy (NAIOMT)
Live Webinar: Case Based Approach to Upper Quadrant Integration Stacy
Soappman

6/3/2020 (1 credit)

Herman and Wallace Pelvic Rehabilitation
Boundaries, Self-Care and Meditation.
Continuing Education, Nari Clemons & Jennafer Vande Vegte, Remote Course.
5/ 22, 23, 29, 31/2020 (19.5 contact hours)

North American Institute of Orthopedic Manual Therapy (NAIOMT),
Live Webinar: Case Based Approach to Lower Quadrant Integration, Stacy
Soappman
5/27/2020. (1 credit)

Center for Advanced Teaching and Advanced Learning Through Research (CATLR)
Workshop: Strategies for Effective Online Exams. Boston, MA
5/19/2020

Center for Advanced Teaching and Advanced Learning Through Research (CATLR)
Planning and Facilitating Engaging Online Discussions in Canvas. Boston, MA
5/14/2020

Alliance for Physician Certification and Advancement Point-of-Care Ultrasound
Fundamentals Online training. Earned POCUS Fundamentals Certificate.
5/10/2020 (4 contact hours/credit)

CoHSTAR 2020; Virtual Implementation Science Institute Session Advancing
Rehabilitation. Boston University, MA
5/11 & 5/21 2020 (9 contact hours)

Center for Advanced Teaching and Advanced Learning Through Research (CATLR)
Workshop: Getting Started Teaching Online Using Canvas. Boston, MA
4/2020. (1.5 contact hours)

2019

APTA of MA Annual Conference.
Innovations, Norwood, MA
10/26/19 (6 contact hours)

Seth Oberst,
Stress Movement and Pain. West Boylston, MA
9/21-22/19. (15 contact hours)

Hands-on Ultrasound Symposium for Frontline Providers.
Boston, MA
6/1/2019 (8.25 contact hours)

Northeastern University Bouvé College of Health Professions; Department of Physical Therapy, Movement & Rehabilitation Sciences
LGBTQ+ Inclusivity Training.
9/27/2019

IIRM 2019 Sports Medicine Conference:
Interprofessional Management of Endurance Medicine. Boston, MA
4/13/2019 (8.5 contact hours)

2018

M2 Advanced Training Graston Technique. Jackie Shaker, Boston, MA 12/1-2/2018. (14 contact hours)

Northeastern University, Diversity in the 21st Century Workshop. Boston, MA.
11/16/2018

Postural Restoration Institute
Myokinematic Restoration, An Integrated Approach to Treatment of Patterned Lumbo-Pelvic-Femoral Pathomechanics. Jennifer Poulin, West Boylston, MA
10/13-14/ 2018, (15 contact hours)

International Conference Medical Imaging and Case Reports 2018
Baltimore, MD
10/29-31/2018, (10 contact hours)

APTA of MA
Annual Conference and Exposition. Norwood, MA
10/27/18 (6 contact hours)

APTA
PT CPT- Using the APTA Physical Therapist Clinical Performance Instrument for Students: A Self-Guided Training Course, 2013 version.
3/2018 (.20 CEU, 2 contact hours)

2017

APTA of MA
Annual Conference and Exposition. Norwood, MA
10/28/17 (6 contact hours)

Hands On Seminars
Certification in Musculoskeletal Ultrasound Sonography: UE/ LE/ Lumbar Spine Modules, Online/ Practical Workshop I & II, Randy Moore DC. (72 CEU)

- a. Module 1 (upper extremity) June online
- b. Module 2 (lower extremity and lumbar spine) March online.
- c. Modules 1 Practical Workshop – Astoria NY 9/2017
- d. Modules 2 Practical Workshop – Astoria NY 4/2017

Center for Advanced Teaching and Advanced Learning Through Research (CATLR)
Teaching with Technology Conference. Boston, MA
5/2017 (6 contact hours)

Center for Advanced Teaching and Advanced Learning Through Research (CATLR)
Northeastern University, Developing Rubrics for Effective and Efficient Grading.
5/12/2017.

APPI
Level 2 Pilates Mat Course. Boston, MA
4/2017 (16 contact hours)

NEXT APTA Conference.
Boston, MA
6/2017

Current Teaching Responsibilities in the Entry-Level Program:

Summer I 2024

None for PTMRS Dept
Dialog of Civilization, London, UK 18 students
Comparative Health Systems course and UK Cultural Course
Primary Instructor

Fall 2024

2024/Term 2
PT 5515 Integumentary System/Advanced Modalities, Primary Instructor 2 credits
84 students
Primary Instructor/Instructor

2024/Term 2

PT 5516 Integumentary System/Advanced Modalities, Lab Instructor 2 labs (2 labs,
1 credit each/ 3 hours each) 43 students (Assist course coordinator with new
position)
Primary Instructor/ Instructor

2024/Term 7

PT 6505 Musculoskeletal III lecture:
Guest lecture

2024/Term 7

PT 6506 Musculoskeletal III lab instructor: 1 lab, 1 credit , 2.5 hour: 40 students.
Instructor

2024/Term 4

PT 6420 Physical Therapy Administration and Management within the US Health Care System, Faculty for recitations

1 credit 42 students

Instructor

2024/Term 5/7

PT 5229 Faculty Mentor for PT Capstone

5 students, 2 credits

Primary Instructor/Instructor

Projected Spring 2025

2025 Term 3

PT 6420 Physical Therapy Administration and Management within the US Health Care System, Primary Instructor

4 credits, 45 students

Primary Instructor/Instructor

2025 Term 3/4

PT 5140 Pathology; Musculoskeletal and Rheumatological

1 credit, 45 students

Adjunct Lecturer/Instructor

2025 Term 5

PT 5229 Faculty Mentor for PT Capstone

1 credit, 5 students

Primary Instructor/Instructor

Projected Summer I 2025

None for PTMRS Dept

Dialog of Civilization, London, UK 18 students

Comparative Health Systems course and UK Cultural Course

Primary Instructor

2024/ Term 6

PT 6405 Musculoskeletal II Pelvic Health lectures

1 credit, 85 students

Adjunct Lecturer/Instructor

Projected Summer II 2025

2024/Term 3/4

PT 5140 Pathology; Musculoskeletal and Rheumatological

1 credit, 40 students

Adjunct Lecturer/Instructor

