

Sara Knox, PT, DPT, GCS

Curriculum Vitae

"NOTHING GREAT IN THE WORLD HAS BEEN ACCOMPLISHED WITHOUT PASSION" –G.HEGEL

EDUCATION

PhD in Health Sciences	Nova Southeastern University Fort Lauderdale, Florida	Enrolled 7/2011- Present
Doctor of Physical Therapy	Shenandoah University Winchester, Virginia	Graduation Date: Dec 2004
Master of Physical Therapy	Shenandoah University Winchester, Virginia	Graduation Date: May 2003
Bachelor of Science Major: Psychology	The Ohio State University Columbus, Ohio	Graduation Date: May 2000

LICENSURE

Virginia Commonwealth	#2305206383	2010- Present
Direct Access Certification	#2307000386	2010- Present
State of Ohio	# 10518	2003- Present

CERTIFICATIONS

Board Certified Specialist in Geriatric Physical Therapy	2011-Present
Certified Clinical Instructor (APTA)	2004- Present
Certified Exercise Expert for the Aging Adult (APTA/SOG)	2010-Present

TEACHING EXPERIENCE

Lynchburg College	Lynchburg, Virginia	1/2010-Present
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Assistant Professor/ Assistant Academic Coordinator of Education

- DPT 714 (2) Professional Practice in Physical Therapy I: Students are introduced to the concepts of professional practice expectations in physical therapist practice. Emphasis is placed upon the application of the core values of physical therapist professionalism. **Course Coordinator**
- DPT 730 (2) Professional Practice in Physical Therapy II: Students continue instruction and experience practical application in the concepts of professional practice expectations in physical therapist practice. **Course Coordinator**
- DPT 915 (4) Physical Therapy with Special Populations II: Students receive instruction in the unique needs of various client populations in regards to physical therapy evaluation and management. Topics to be covered include women's health, adults with intellectual and developmental disabilities, adults with mental illness and limited cognitive function, and geriatrics. **Course Coordinator**
- DPT 923 (2) Integrated Case Application Lab- Level III: Students prepare case-based clinical scenarios utilizing their patient/client encounters they have been involved throughout their professional education. These cases are then presented to the faculty. **Course Coordinator**
- DPT 924 (3) Professional Practice III : Students receive instruction in communication, ethics, and legal issues that affect the profession of physical therapy. Communication focus is on interactions with the patient/client, family, caregiver, and health care team members with emphasis on cultural sensitivity. **Course Coordinator**

Clark State Community College Springfield, Ohio 3/2007- 12/2008
Adjunct Faculty Member

- PTA 110 PTA Survey: Introduction to the role and scope of physical therapist assistant practice. Legal and ethical accountability. History of the PT and professional organizations. Health delivery systems. Introduction to interpersonal communication skills, cultural diversity, disability awareness and professional behavior.
- PTA 146 PTA Procedures II: Application of heat and cold, massage and traction. Pathology, data collection, and PT intervention for cardiopulmonary, lymphatic, immune, endocrine/metabolic integumentary, gastrointestinal, genitourinary and respiratory disorders; positioning, wheelchair mobility, transfers. Professional behavioral development.
- PTA 260 PTA Rehabilitation II: Normal motor development and motor control. Neurological pathology. Rehabilitation of neurological pathology. Continuation of professional development.

Academic Tutor Columbus, Ohio 9/2004- 6/2006

- Personal tutor for an individual with developmental apraxia taking various courses within the pre-veterinary technician program at Columbus State Community College in Columbus Ohio
- Courses included but were not limited to biology, anatomy, physiology, algebra, English, public speaking, and computer technologies.

CLINICAL EXPERIENCE

Centra Health System Lynchburg, Virginia 4/2009- Present

Contract Therapy Services through Lynchburg College: Treatment of a predominantly geriatric population of patients with orthopedic deficits and balance disorders in an home health setting.

Alternate Solutions Home Care Dayton, Ohio 10/2008- Present

Clinician: Treatment of patients with neurological, orthopedic, vestibular, and systemic deficits within a predominantly geriatric population in their homes. Supervise Physical Therapist Assistants and work in conjunction with occupational therapists, speech therapists, nursing, and medical social workers.
Field Advisory Committee Member 2009

Freedom Home Health Dublin, Ohio 9/2006- 10/2008

Clinician/Team Lead: Treatment of patients with balance deficits, orthopedic dysfunctions, and vestibular disorders within a geriatric population in assisted living facilities, independent senior communities, and personal homes. Managed relationships between the company and assisted living facilities. Compiled and developed documents for ACHC accreditation
Clinical Coordinator for Geriatric Residency: Contributed to the development and structuring of the geriatric residency with The Ohio State University.

Children's Hospital Columbus, Ohio 10/2004- 9/2006

Clinician: Treatment of patients with orthopedic disorders and deficits, and sports related injuries within a population of adolescents and pediatrics on an outpatient basis. Worked in coordination with occupational therapists and speech language pathologists.

Villa Angela Columbus, Ohio 12/2004- 6/2006

Clinician (PRN): Treatment of patients with neurological and orthopedic dysfunctions within a predominantly geriatric population in a skilled nursing facility.

Banyan Tree Rehabilitation Gahanna, Ohio 5/2003- 10/2004

Site Coordinator (5/04-10/04): Management of clinical and clerical staff of an outpatient orthopedic facility. Responsible for daily operations, billing, and marketing objectives for the site.
Clinician (5/03-5/04): Treatment of patients with orthopedic, neurological, and vestibular deficits in a population of geriatric, adult, and adolescent patients.
Clinical Coordinator of Education (5/04-10/04)

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PEER REVIEWED ARTICLES

Kigin C, Rodgers M, Wolf S. for the Physical Therapy and Society Summit Steering Committee. The Physical Therapy and Society Summit (PASS) Meeting: Observations and Opportunities. Journal of Physical Therapy November 2010.

PROFESSIONAL PRESENTATIONS

The Obesity Epidemic: Implications for the PT APTA CSM, Chicago 2/2012
4 hour presentation proposal accepted and planned.

Exercise your Options: Guidelines for Successful Aging! Lynchburg, Virginia 5/2011
Invited Speaker to the 2011 Beard Center Conference on Aging

The Student, The Home, The Challenge, Oh My! APTA CSM, New Orleans 2/2011
Home health is an area that physical therapy students have typically been underexposed to. As a profession, it is our responsibility to adequately prepare our students to meet the current and future needs of society. This session will examine how students are currently exposed to home care, what the barriers and challenges are to placing students in home care rotations, and strategies for overcoming these barriers. The final aspect of this course will explore how students can be effectively mentored to appropriately challenge the home care patient to transition to independence beyond the home.

Defensible Documentation Lynchburg, Virginia 11/2010
Dayton, Ohio 5/2008
Columbus, Ohio 9/2008
Canton, Ohio 9/2008
Toledo, Ohio 11/2008
Cincinnati, Ohio 11/2008

APTA Practice Section presentation regarding the APTA documents and principles titled Defensible documentation. The presentation discusses the less obvious reasons for documentation of patient care including but not limited to risk management, defending reimbursement by third parties, meeting regulatory requirements, and professional responsibility. Emphasis will be on enhancing knowledge and providing strategies to improve documentation of patient/client care. This course will link documentation issues to APTA's Vision 2020 and other core documents, including professionalism, evidence-based practice, and autonomous practice.

Healthy Aging: It's never too late! Lynchburg, Virginia 6/2010
Invited Speaker to the 2010 Beard Center Conference on Aging
Aging is a normal part of life. But what parts of aging must we accept and what parts of aging can we change? What will determine the quality of our life as we age? This course will seek to answer these questions, explore predictors of successful aging, and provide detailed information on the effect that exercise has on the aging process. Exercise directly impacts the daily life of the aging adult in numerous ways. This course will not only present the benefits of exercise but will also discuss guidelines for exercise for the aging adult.

Back Safety and Proper Transfers Lancaster, Ohio 11/2007
Education and training on proper back safety and patient transfer techniques for resident aides and nursing staff at Prim Rose Assisted Living and Independent Senior Community.

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Facilitation Strategies for the resident with Parkinson's Disease Lancaster, Ohio 6/2007

Education on the basics of Parkinson's disease as well as training for the resident aides and nursing staff of Sterling House on techniques to facilitate residents with Parkinson's disease during transfers and mobility challenges.

AWARDS AND RECOGNITIONS

Emerging Leader Award 2008

To identify and honor physical therapists or physical therapist assistants who have demonstrated extraordinary service early in his or her physical therapy career. The individual should have made exceptional overall accomplishments and contributions to the American Physical Therapy Association (APTA), the component, and the physical therapy profession to advance APTA's vision

PROFESSIONAL ACTIVITIES

Professional Memberships

American Physical Therapy Association (APTA) 2000- Present
- Geriatric Section 2007- Present, 03-05
- Home Health Section 2006- Present
- Orthopedic Section 2003- Present
- Health Policy & Administration 2011- Present
- Pediatrics 2005- 2006
Virginia Physical Therapy Association (VPTA) 2009- Present
2000- 2001
Ohio Physical Therapy Association (OPTA) 2001- 2009

Professional Service

National

- Federation of State Boards of Physical Therapy, Item Writer 3/2011
- APTA Advisory Panel on Education 2007- 2010
- APTA Physical Therapy and Society Summit Steering Committee 2007- 2010

Sections

- Awards Committee Chair, APTA Geriatric Section 2008- Present
- Program Development Committee, APTA Home Health Section 2007- 2008

Chapter

- Practice Committee Chair, VPTA 2010-Present
- Continuing Education Reviewer, VPTA 2010-Present
- Mentorship Task Force Chair, OPTA 2007- 2009
- Delegate, OPTA 2004- 2009
- Practice Section Liaison, OPTA 2006- 2008
- Awards Committee Chair, OPTA 2007
- Awards Committee, OPTA 2004- 2006
- District Chair, OPTA 2004- 2007
- Membership Coordinator, OPTA Central District 2003- 2004
- New Professionals Network Committee, OPTA 2004
- Student Chief Delegate, VPTA Student Conclave 2002

Professional Development (By Invitation Only)

- Virginia Physical Therapy Association Leadership Retreat 2011
- Virginia Physical Therapy Association Leadership Retreat 2010

To provide Chapter leaders with the necessary tools to perform their duties, and to build a leadership team that will continue to move the chapter and the profession forward toward Vision 2020

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- APTA Physical Therapy and Society Summit Washington DC 2/2009
The Physical Therapy and Society Summit (PASS) will determine areas of opportunity to empower physical therapists to be leaders in integrating innovative technologies and practice models and establish collaborative interdisciplinary partnerships that address current, evolving, and future societal healthcare needs. Participation is limited to 90 physical therapists and 30 external stakeholders by invitation only.

- APTA Private Practice Section Graham Sessions Phoenix, AZ 1/2009
The Private Practice Section presents The Graham Sessions to offer an environment for discussing new ideas, asking questions to better understand problems, or advance ideas on possible solutions with no real barriers and provide a forum for vigorous debate with the goal of learning from each other. Participation is limited to 100 participants who are selected by APTA and PPS.

- OPTA Leadership Conference, Columbus, Ohio 3/2009
 - OPTA Leadership Conference, Dublin, Ohio 3/2008
 - OPTA Leadership Conference, Columbus Ohio 3/2007
 - OPTA Leadership Conference, Columbus Ohio 3/2006
 - OPTA Leadership Conference, Columbus Ohio 3/2005
 - OPTA Leadership Conference, Columbus Ohio 3/ 2004
To provide Chapter leaders with the necessary tools to perform their duties, and to build a leadership team that will continue to move the chapter and the profession forward toward Vision 2020.

Professional Development (Attendee-Information available by request)

- APTA Combined Sections Meeting, New Orleans Louisiana 2/2011
 - APTA National Student Conclave/Faculty Attendee 10/2010
 - VPTA Annual Conference, Herndon Virginia 10/2010
 - Geriatric Section CEEAA Certification Course #2 5/2010
 - Geriatric Section CEEAA Certification Course #1 3/2010
 - APTA Combined Sections Meeting, San Diego California 2/2010
 - APTA House of Delegates, Baltimore Maryland 6/2009
 - APTA Combined Sections Meeting, Las Vegas Nevada 2/2009
 - OPTA Annual Conference Business Meeting, Cincinnati Ohio 10/2008
 - APTA House of Delegates, San Antonio Texas 6/2008
 - APTA Combined Sections Meeting, Nashville Tennessee 2/2008
 - OPTA Annual Conference, Aurora Ohio 9/2007
 - APTA House of Delegates, Washington DC 5/2007
 - APTA Advocacy Academy, Washington DC 5/2007
 - Manual Therapy for the Geriatric Patient, Dublin Ohio 3/2007
 - APTA Combined Sections Meeting, Boston Massachusetts 2/2007
 - OPTA Annual Conference, Aurora Ohio 11/2006
 - Vestibular Dysfunction, Columbus Ohio 10/2006
 - APTA House of Delegates, Orlando Florida 6/2006
 - APTA Combined Sections Meeting, San Diego California 2/2006
 - OPTA Annual Conference, Columbus Ohio 10/2005
 - APTA House of Delegates, Boston Massachusetts 6/2005
 - APTA Annual Conference, Boston Massachusetts 6/2005
 - OPTA Annual Conference, Columbus Ohio 10/2004
 - APTA Clinical Instructor Certification Course, Columbus Ohio 10/2004
 - OPTA Spring Conference, Columbus Ohio 3/2004
 - OPTA Fall Conference, Columbus Ohio 10/2003
 - Sole Supports Foot Evaluation and Orthotic Course 6/2003
 - OPTA Legislative Day at the Court House, Columbus Ohio 3/2003
 - OPTA Spring Conference, Columbus Ohio 3/2003

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SERVICE TO COLLEGE/SCHOOL/DEPARTMENT

College

- Beard Center on Aging 2010-Present
 - 2012 Conference on Aging Planning Committee Member
 - 2011 Conference on Aging Planning Committee Member
- Lynchburg College Annual Scholarship Competition
 - Volunteer Faculty Interviewer Spring 2011
 - Volunteer Faculty Interviewer Fall 2010
 - Volunteer Faculty Interviewer Spring 2010
- Lynchburg College Outside the Classroom Instructor Fall 2010
- Lynchburg College Governor's School
 - Colloquia Presenter: Gaming Technologies & Healthcare Summer 2011
 - Colloquia Presenter: Innovative Technologies & Healthcare Summer 2010

School

- School Council, LC School of Health Sciences & Human Performance 2010-Present
- Attended Pediatric Nursing Faculty Interview Presentations 6/2010

Department

- Policy & Procedure Committee Chair, LC, DPT 2010- Present
- Admissions Committee Member, LC, DPT 2010- Present
- Curriculum Review Committee Member, LC, DPT 2010- Present
- Curriculum Integration Committee Member, LC, DPT 2010- Present
- Faculty Search Committee Member, Orthopedics, LC, DPT 3/2010
- Faculty Search Committee Member, Orthopedics, LC, DPT 8/2010
- Faculty Search Committee Member, General, LC, DPT 6/2010
- Faculty Search Committee Member, Biomechanics, LC, DPT 1/2010-3/2010
- Faculty Search Committee Member, Orthopedics, LC, DPT 1/2010-3/2010
- Faculty Search Committee Member, Neurology, LC, DPT 2/2010-3/2010

COMMUNITY SERVICE

Junior League of Lynchburg

Lynchburg, Virginia 2010

Member: The Junior League of Dayton is an organization of women committed to promoting volunteerism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

- Transfer Member 2010

Junior League of Dayton

Dayton, Ohio 2007- 2009

Member: The Junior League of Dayton is an organization of women committed to promoting volunteerism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

- Town Hall Special Event Committee Chair 2009-2010
- Town Hall Special Event Committee 2008- 2009
- Program Research and Development Committee 2007- 2008

Special Olympics- FUNfitness

Columbus, Ohio 6/2008

Physical Therapist Volunteer: FUNfitness is the comprehensive physical therapy component developed by the American Physical Therapy Association for the Special Olympics Healthy Athletes initiative. FUNfitness is designed to assess and improve flexibility, functional strength and balance; educate participants, families and coaches about the importance of flexibility, strength and balance; and provide a hands-on opportunity for participants to learn about physical therapy.

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Kidnetic Energy

Columbus, Ohio

2007

Consultant: Kidnetic Energy, a nonprofit organization serving Columbus and central Ohio, is dedicated to providing dance and gymnastics classes for special needs children. We hope to enrich the lives of these children so that they can achieve new possibilities previously unimaginable.

SNAP! Performance Productions

Columbus, Ohio

2006

Member: The acronym SNAP! stands for Serving Non-profit Associations by Performing. The true purpose of this 501(c)3 non-profit organization is for members of the community who love to perform to use their talents to improve the lives of others. This is accomplished every year by a partnership with a chosen charity benefactor.

GOALS FOR THE FUTURE

Advanced Degree (PhD)