

Stephanie Albin, DPT, PhD(C), OCS, FAAOMPT

Assistant Professor, School of Physical Therapy

Regis University

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EDUCATION

PhD Program Rehabilitative Science, Fall 2012 to Present

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-Present.

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

PUBLICATIONS

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

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 Nov;105(6):469-77. PMID 26667500

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 Independent Study Course. **Albin, SR**, McPoil, TG.

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 Mar; 39(3):188-200. PMID: 19252260

PRESENTATIONS

CSM 2017 Platform Presentation. *Timing of Supervised Physical Therapy after Hindfoot Fractures: A Randomized Controlled Trial.* Stephanie Albin, Shane Kopenhagen, 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 Thayn.

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 Present.
- University of Utah Doctoral Physical Therapy Program. Graduate Teaching Assistant. 2012 to Present.
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

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 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 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.

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