

Curriculum Vitae
Julie Hershberg PT, DPT, NCS
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Division of Biokinesiology and Physical Therapy
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EDUCATION/ CERTIFICATION

Certified Clinical Instructor (2007)	American Physical Therapy Association
Neurologic Clinical Specialist (2005, recertified 2014)	American Board of Physical Therapy Specialties
Graduate Certificate of Neurologic Physical Therapy (2003)	University of Southern California Los Angeles, CA
Doctor of Physical Therapy (2002) Summa Cum Laude	Slippery Rock University Slippery Rock, PA
Bachelor of Science (1999) Summa Cum Laude	Mount St. Mary's College Los Angeles, CA, in Biology and Gerontology

CLINICAL EXPERIENCE

2011-Present	Physical Therapist/ Founder/ Owner [re+active] physical therapy and wellness Private practice founder of outpatient neurologic physical therapy and wellness practice. Growth to two locations in Southern California with a team of 10 physical therapists, occupational therapists, yoga therapists, naturopathic medicine doctor, personal trainers and administrators. Established the Schmidt Movement Disorders Fellowship in collaboration with UCLA and developed and instructed in 6 advanced movement disorders learning modules (made available internationally). Treatment specialties include development of the Early Evaluation for Prevention of Progression in Parkinson's Disease (E2P2 program), functional movement disorders program, dystonia management, balance and fall disorders program, and individualized programs for patients with neurologic disorders. Established extensive neurologic wellness program including individual personal training, 20 exercise classes per week and yoga therapy. Provide clinical education for 6-8 DPT students yearly. Site Principal Investigator for two RCT trials. Consultation with HealerTech, Rapael, MotionScientific and EasiMotion technology companies for clinical applications and research.
2011-2012	Physical Therapist, per diem Rehab Without Walls Physical therapist on interdisciplinary team for home based intense neurologic rehabilitation with emphasis on community reintegration. Patient population including post-stroke, traumatic brain injury (TBI) and spinal cord injury (SCI).

- 2010-2011 Adjunct Instructor of Clinical Physical Therapy
 University of Southern California Physical Therapy Associates
 Treatment focus with patient population post-stroke, SCI, MS, PD, vestibular, peripheral neuropathy and other neurologic diagnoses. Developed and initiated trial of walking recovery program for patient's post-stroke including patient treatment and training of support staff. Mentor of clinicians and students. Participated in EBP clinical research trial with focus on best practice in use of outcome measures and clinical recommendations for patients with lumbar stenosis.
- 2005-2010 Locomotor Experience Applied Post-Stroke (LEAPS) Site Team Leader
 Lead team of therapists and research assistants for NIH-funded randomized clinical trial. Administrative responsibilities include managing implementation of protocol; hiring, training and staffing of intervention and assessment teams; maintenance of institutional and other regulatory board research requirements; tracking recruitment and retention data; coordination with investigators, research coordinators and all hospital site teams; and coordination of student activities. Treatment activities include implementation of locomotor training in outpatient setting and home-based therapy program; screening acute rehabilitation patients; administration of exercise tolerance tests; and participant and health care provider education and communication.
- 2003-2005 Physical Therapist
 Centinela Freeman Regional Medical Center, Memorial Campus
 Inpatient Neurologic Rehabilitation, Outpatient Neurological Rehabilitation
 Teams/activities include: stroke, traumatic brain injury and spinal cord injury teams; mentor—spinal cord injury team; development and implementation of therapeutic exercise class; Clinical Instructor for physical therapy interns; Evidence Based Practice case study development; Member of Education Council; Rehabilitation Documentation Committee
- 2002-2003 Neurologic Physical Therapy Resident
 Inpatient Neurologic Rehabilitation physical therapist; teaching assistant; consultant to USC Outpatient Neurology Clinics
 Rancho Los Amigos National Rehabilitation Center/ University of Southern California

PROFESSIONAL ORGANIZATION MEMBERSHIP AND SERVICE

- Academy of Neurologic Physical Therapy, Health Promotion and Wellness Committee appointed member (2020-present)
- Parkinson's Foundation (2012-present)
 Service: Volunteer yearly at Moving Day (2012-present), Community Grant recipient for development of exercise classes and educational workshops for people with Parkinson's Disease (2015-present).
 Participant in Integrative Medicine Think Tank (2018)
- Huntington's Disease Society of America (HDSA) (2017-present)
 Service: Volunteer to lead warm up and exercise at HDSA 5K walk yearly. Provide exercise education at support group yearly.
- International Parkinson and Movement Disorder Society (MDS) (2013-present)
- NeuroCollaborative, Founding Member 2017-2018
- Neurologic Physical Therapy Private Practice Network (2012-2017), Los Angeles, CA. founding member.
- American Physical Therapy Association, Neurology Section (1999-present), Private Practice Section (2012-present)
 Service: PT Now Contributor: Stroke Task force. Responsible for development of Stroke material for PTNow, published in 2017
 Neurology Section Booth Volunteer: CSM 2017
 Development and instructor in Neurologic Practice Essentials: Clinical Decision Making. 2008-2015
- American Board of Physical Therapy Specialties, Specialization Academy of Content Experts, Neurology Member (2012-2014)
- Long Beach-South Bay Chapter—California Chapter of American Physical Therapy Association (2001-present)

Membership committee member (2002), Web-site design and development (2003-2008)

UNIVERSITY SERVICE

Division of Biokinesiology and Physical Therapy
Mentor to 1-2 Students Yearly 2013-present
Faculty Affairs Committee 2014-2016

PROFESSIONAL ACTIVITIES

RESEARCH

CO-Investigator

PROTOCOL NUMBER: HS-17-00669

TITLE: The effects of dynamic cycling on motor function and cortical inhibition in Parkinson's disease: a pilot study

PRINCIPAL INVESTIGATOR(S): Beth Fisher, PhD, PT, FAPTA

CO-INVESTIGATOR(S): Julie Hershberg, PT, DPT, NCS

Site Leader

PROTOCOL NUMBER: HS-14-00422.

TITLE: NPF Exercise Trial

PRINCIPAL INVESTIGATOR(S): Giselle Petzinger and Beth Fisher

ROLE: Participation in recruitment and training of subjects.

Co-Investigator

PROTOCOL #: HS-05-00134

TITLE: Tools to Improve Stroke Rehabilitation.

PRINCIPLE INVESTIGATORS: Nicolas Schwighofer and Carolee Winstein

Site Investigator

PROTOCOL #: 17-001934

Title: "Physical Activity and Exercise outcomes in Huntington's Disease (PACE-HD)" A longitudinal cohort study with nested randomized pragmatic controlled trial to evaluate physical activity and exercise related outcomes in people with Huntington's disease (Physical Activity and Exercise outcomes in Huntington's Disease (PACE-HD)).

Responsible for recruitment, retention, intervention and management of the trial.

PRINCIPLE INVESTIGATORS: Lori Quinn, Yvette Bordelon

GRANTS

Awardee of Parkinson's Foundation Community Grant to establish and provide services for underserved communities. 2016-2020

PRESENTATIONS

Hershberg J. Therapy for Limb Apraxia. UCLA Neurobehavior Rounds Presentation. August, 2020.

Hershberg J, Ellis B, Toriani-Pasin C. Teaching Neuro PT in these Crazy times: Challenges and Opportunities. International Neurologic Physical Therapy Association Global Webinar. April 2020.

Hershberg J. Prevention and Treatment of Musicians Nervous System Problems in Musicians. University of Nevada, Reno Music Department Webinar. April 2020.

Hershberg J. Staying active at home: physical therapy and exercise for FSHD. Fascioscapulohumeral Dystrophy (FSHD) Society Sequester Camp Webinar. April 2020

- Hershberg J. Staying Active During Social Distancing. Parkinsons Disease and Movement Disorder Alliance. Social Distancing Webinar. March 2020.
- Hershberg J, Studer M, Lochala C, Richardson C. Functional Movement Disorders: You're not alone. APTA Combined Sections Meeting. February 2020
- Hershberg JA. When Care Comes to You: Tips for using PTs, OTs and Home Health Aides. Parkinson's Foundation Expert Briefing, July 2019
- Hershberg JA with Winstein C Rose DK Mackenzie A Byl N Fisher B Tilson J Sanchez N. Cutting Edge Evidence: Everything a Practicing Clinician Needs to Know to Improve Outcomes After Stroke. CPTA Research Symposium, Long Beach, April, 2019.
- Hershberg JA. Exercise in Huntington's Disease, the PACE-HD trial. HDSA Hope and Cope Conference, UCLA, April, 2019
- Hershberg JA. Dystonia Basics: A Neuroplasticity Approach to Treatment. Long Beach/Southbay Chapter of the CPTA District Meeting, Torrance, March, 2019.
- Hershberg JA. Physical Therapy and Exercise in FSHD. FSH Society Family Day. 2017
- Hershberg JA. Exercise and physical therapy for brain change in Parkinsons Disease. Advances in Parkinson's Disease: A Multidisciplinary Approach 2017, Cedars Sinai
- Ressler PL, Hershberg JA, Wu A, Elder A, Yang L. Interdisciplinary Collaboration to advance Neurology Specialty Practice: The Schmidt Movement Disorders Fellowship. APTA Combined Sections Meeting Poster. 2016.
- Hershberg J. Blepharospasm and Dystonia Symposium: a patient-oriented update on diagnosis and treatment. Invited speaker, "Neuroplasticity for Dystonia", UCLA Jules Stein Institute. March 14, 2015.
- Matthews D, Hershberg J, Martinez C. You Are Not Alone: Development of a Local Neurologic Private Practice Network-Strategies and Successes APTA Combined Sections Meeting Poster. Indianapolis, IN, February 2015
- Caudill, EJ Hershberg J. Patient-therapist collaboration and task specific training for fitness goal achievement in a patient with MS. APTA Combined Sections Meeting Poster. Las Vegas, NV, January 2014
- Fisher B, Studer M, Hershberg J. Maximizing Gait Efficiency Through Biomechanical, Motor Control and Motivational Interventions. APTA Combined Sections Meeting. Las Vegas, NV. February 2014.
- Hershberg J. Exercise as Medicine. 16th Annual Parkinson's Update. USC Movement Disorders. December 2013
- Doyle MS, Hershberg J, Howard R, Osborne M. Dual Task Paradigms and Context Dependent Learning to Modify Functional Motor Performance, Balance, and Fall Risk Part 2: Clinical Implications and Applied Interventions. APTA Combined Sections Meeting. San Diego, CA. January 2013
- Hershberg, J, Winstein, CJ, Howard R, Cahoon K, Levonian L, Heung S, Lin J, Schmidt, R. Patient RS: A Unique Case of Corticobasal Degeneration. APTA Combined Sections Meeting Poster. San Diego, CA. January 2013
- Hedman L, Hershberg J, Parlman K, Neurologic Practice Essentials: Clinical Decision Making as a Foundation for Expert Practice. APTA Continuing Education Course, San Francisco, CA. September 2012.

Wolf S, Behrman AL, Rose DK, Tilson JK, Janis S, Richards C, Shumway-Cook A, Field-Fote EC, Hornby T, Moore C, Hershberg J. The LEAPS Trial Revisited: Discussion of Research, Current Evidence, and Clinical Practice in Post-stroke Rehabilitation. APTA Combined Sections Meeting. Chicago, IL. February 2012.

Sisto SA, Sullivan KJ, Schmidt M, Hershberg J. Knowledge to Action: Evidence, Collaboration, and Improved Patient Outcomes in Neurorehabilitation. APTA Combined Sections Meeting. Chicago, IL. February 2012.

Hedman L, Hershberg J, Packer A, Neurologic Practice Essentials: Clinical Decision Making as a Foundation for Expert Practice. APTA Continuing Education Course, Houston, TX. September 2011.

Gill-Body, K Scheets PL, Zablotty C, Neurologic Practice Essentials: Clinical Decision Making as a Foundation for Expert Practice. APTA CSM, Pre-Conference Course, February 2010.

Member of Course Development committee and development of specific content including: "Exploring Frameworks for Clinical Decision Making", "Patient Case: Complex, Multi-System Balance Function", and "Patient Case: Post-stroke in-patient rehab".

Howard R, Hershberg J. Use of clinical decision making frameworks to guide examination and intervention with neurodegenerative disease: a presentation of selected cases. APTA CSM, Degenerative Disease Special Interest Group, February 2009.

Tilson JT, Rose D, Moore C, Correa A, Hershberg J, Gallichio J, McLeod M. Incorporating valid and reliable outcomes measures into care for patients with stroke: Suggestions from the LEAPS trial. APTA CSM, February 2008.

Alexander DA, Hershberg J. Stroke Recovery and Locomotor Experience. Centinela Freeman Regional Medical Center, Memorial, Marina and Centinela sites, St. John's/UCLA Medical Center in-services. 2005-2007.

Hershberg J. Do we practice enough? Counting repetitions in therapy practice. Centinela Freeman Regional Medical Center in-service, 2007.

Hershberg J. Evidence Based Practice Presentation: Electrical Stimulation after Spinal Cord Injury, Daniel Freeman Memorial Hospital, 2004.

Hershberg J, Howard R. Physical therapy for acute therapy. Inservice for medical students and neurology residents. Los Angeles County/USC Hospital. 2003.

Headrick C, Hershberg J, Shimp K. The Effectiveness of the Arthritis Foundation Aquatics Program on Function in Women with OA or RA. Poster presentation at annual conference of American Physical Therapy Association, Cincinnati, OH, June 2002.

PUBLICATIONS

Elder A, Hershberg JA, Southam A, Patejak S, Johnson A, Feldman M, Wu AD Multidisciplinary Treatment and Outcome Registry Collaboration for Dystonia and Functional Movement Disorders. Functional Movement Disorders Conference, September 2017

Hershberg JA, Rose DK, Tilson JK, Brusch B, Correa A, Gallichio J, McLeod M, Moore C, Wu S, Duncan PW, Behrman AL. The Interface of Clinical Decision-Making with Study Protocols for Knowledge Translation from a Walking Recovery Trial. Journal of Neurologic Physical Therapy. 2017 Jan;41(1):59-67.

Peeraully T, Stahl M, Hershberg J, Szumski NR, Wu AD. Running commentary: Characterizing and treating runner's dystonia [abstract]. Movement Disorders 2014;29 Suppl 1 :1416

Hershberg J. Problems with Cognition, communication and Behavior in Davenport TE et al eds Diagnosis for Physical Therapists: A Symptom-Based Approach. Davenport et al eds. New York: FA Davis, 2012: 634-664

Sullivan KJ, Tilson JK, Cen SY, Rose DK, Hershberg J, Correa A, Gallichio J, McLeod M, Moore C, Wu SS, Duncan PW. Fugl-Meyer Assessment of Sensorimotor Function After Stroke: Standardized Training Procedure for Clinical Practice and Clinical Trials, *Stroke* 2011;42;427-432;

Sullivan KJ, Hershberg J, Howard R, Fisher BE. Neurologic Differential Diagnosis for Physical Therapy. *Journal of Neurologic Physical Therapy*. 2004. 28:162-168.

TEACHING EXPERIENCE

- 2012-present Adjunct Instructor of Clinical Physical Therapy, University of Southern California, Division of Biokinesiology and Physical Therapy
 Translation of Neuropathology Course (PT 546) to hybrid model 2019
 Director of Neuropathology Course (PT 546) 2014-present
 Co-director of Neuropathology Course (PT 546) 2013
- 2009-2018 Adjunct Instructor of Clinical Physical Therapy, University of Southern California (USC)
 Division of Biokinesiology and Physical Therapy
 Director of Neuroanatomy Laboratory Modules for DPT 2nd year Neuroanatomy course (PT 534)
 Instructor in DPT 3rd year course Integrated Management of the Upper and Lower Extremity (PT 630)
 Coordinator for USC Neurologic Residency Program resident teaching in fall semester including directing laboratory modules for Neuroanatomy, Introduction to Patient Management, and Lifespan Motor Control. Responsibilities include: mentoring of residents in teaching including formal evaluation and feedback; coordination with primary instructors for all courses; and development and implementation of teaching materials.
 University Service: mentor of five DPT students; mentor for five integrated project groups; preparation of mentor committee materials; participation in neurologic curriculum committee.
- 2010-2016 Guest lecturer at Mount St. Mary's College for second year DPT students; topic: clinical decision-making.
- 2010 Adjunct Instructor of Clinical Physical Therapy at University of Southern California (USC), Department of Biokinesiology and Physical Therapy for Neuropathology course.
 Responsibilities include lectures (specific units include: multiple sclerosis, peripheral neuropathy, pathophysiology of brain injury and stroke); mentoring student groups in integrated patient projects; development of syllabus and course teaching materials; leading review sessions; and examination and assignment development and grading. Significant re-working of lecture-based learning to include increased active learning by students with priming activities as well as improved patient-centered case based learning.
- 2008 Guest lecturer at USC and Mount St. Mary's College for presentation of clinical decision making and differential diagnosis in year two and three of Doctoral programs.
 Adjunct Faculty Mount St Mary's College, Doctor of Physical Therapy Program: responsible for one unit of instruction in PT 472 including introduction to neurologic examination; cognitive examination; examination of abnormal tone; evaluation, diagnosis and prognosis; and functional and quality of life measures. Guest lecturer in 3rd year of curriculum on topic of locomotor training.
- 2002-2003 Teaching assistant at USC, Department of Biokinesiology and Physical Therapy in the following courses: Neuroanatomy, Life Span Motor Control, Clinical Management of the Neurologically Involved Patient, Advanced Neurology Elective
 Responsibilities include mentorship of physical therapy students, instruction in evaluation and treatment techniques, organization and development of clinical and didactic lectures and conducting competencies.
- 1999-2002 Teaching assistant in Neurologic Sciences courses and Movement Science for Department of Physical Therapy, Slippery Rock University.

Facilitated lab sessions including brain dissection, neurological evaluation techniques and problem solving; arranged lab practicals; assessed student evaluation techniques during competencies; led study groups; developed case studies; and tutored physical therapy students in Neuroscience.

CONTINUING PROFESSIONAL EDUCATION

2020	Neuropracticity 2.0: motor control applications, Torrance, CA.
2019	Practical Motor Control Applications: The Mike Studer Course, Torrance, CA
2019	APTA Combined Sections Meeting, Washington DC
2018	Private Practice Section Annual Conference, APTA, Colorado Springs, CO
2017	Private Practice Section Annual Conference, APTA, Chicago, IL
2017	Advances in Parkinson's Disease: A Multidisciplinary Approach, Los Angeles, CA
2016	Private Practice Section Annual Conference, APTA, Las Vegas, NV
2016	APTA Movement Systems Summit. Washington DC
2016	IV STEP Summer Institute. Columbus, Ohio
2015	California Physical Therapy Association, Annual Meeting, Pasadena, CA.
2013	Focal Dystonia. With Nancy Byl, PhD, PT. UCSF
2012	Advanced Biomechanics of the Lower Extremity (6 month course). With Chris Powers, PT PhD, FAPTA, Movement Performance Institute.
2011	Functional Biomechanics of the Lower Quarter II: Evaluation and Treatment of Movement Dysfunction: Gait and Running. With Chris Powers, Movement Performance Institute. The Dizzy Patient: Differential Diagnosis. With Rob Landel, PT, DPT. CPTA Long Beach/South Bay District. Patellofemoral Pain: A Critical Review of Evaluation and Treatment Techniques with Dr. Chris Powers, University of Southern California USC Evidence Based Practice Fellowship. Julie Tilson, PT, DPT, NCS. American Board of Physical Therapy Specialties and the Neurologic Specialty Council, Regional Item Writing Workshop Management of the Spine: Emphasis on the Cervical Region with Rob Landel, PT, DPT, OCS, MTC University of Southern California
2003-2017	APTA Combined Sections Meeting Participant/presenter
2009	Certificate of Completion: Good Clinical Practice and Protection of Human Subjects in Research, University of Southern California (USC)
2007	APTA Certified Clinical Instructor
2005	Certificate of Completion: National Institutes of Health Stroke Scale, American Heart Association Certificate of Completion: training in Protecting Human Research subjects in Biomedical and Genetics Research, University of California, Los Angeles
2005	III STEP: Linking Movement Science and Intervention Participant Salt Lake City, Utah
2005	Vestibular Rehabilitation Julia Burlette, PT, OCS; USC
2003-2005	Bi-monthly Neuro Development Treatment Study Group participant Daniel Freeman Memorial Hospital
2003-2004	Weekly patient presentation/problem solving participant Daniel Freeman Memorial Hospital
2003	Medical and Physical Therapy Treatment of Spasticity, David Alexander, MD and Herlene McLees, PT.; Daniel Freeman Memorial Hospital (10/21/03)
2002-2003	Neurologic Physical Therapy Residency courses: Neurologic Differential Diagnosis and Therapeutic Intervention, Radiology Seminar USC
2003	Parkinson's Update. University of Southern California Movement Disorders Clinic neurologists. Pasadena, CA. (6/7/03)

HONORS

Academy of Neurologic Physical Therapy Neurologic Clinician of the Year Award, (2019)

Adjunct Faculty Teacher of the Year Award, USC Division of Biokinesiology and Physical Therapy (2013, 2016)

Teaching Commendation Award, USC Division of Biokinesiology and Physical Therapy (2013)

Marjorie L. Christy Maguire Fellowship, Slippery Rock University School of Physical Therapy (2002)

Kappa Gamma Pi National Graduate Honor Society, Graduate Student Award and Scholarship (2002)

Outstanding Graduate Student Award, Slippery Rock University School of Physical Therapy (2000)

Summa Cum Laude Graduate, Slippery Rock University (2002), Mount St. Mary's College (1999)