

CURRICULUM VITAE
Jennifer Penn, PT, DPT, NCS

Board-Certified Clinical Specialist in Neurologic Physical Therapy

Education:

Neurologic Residency
University of Southern California, Los Angeles, California, June 2006

Doctor of Physical Therapy, DPT
University of Southern California, Los Angeles, California, June 2005

Bachelor of Science, BS
Brigham Young University, Provo, Utah. Neuroscience, April 2002.

Licensure Information:

Texas Physical Therapist License Number: **1272332** (2016-present)

Utah Physical Therapist Number: 7661291-2401 (2011-2017)

California Physical Therapist License Number: 32094 (2005- 2011)

Certifications

Certificate for Faculty Training
Parkinson's Foundation
August 2019

Vestibular Rehabilitation: A Competency-Based Course
Herdman Course. Emory University School of Medicine
2012

Board Certified Clinical Specialist in Neurologic Physical Therapy
American Board of Physical Therapy Specialists
June 2011- 2021, In application for recertification until 2031

Employment and Positions Held:

University of the Incarnate Word
Assistant Professor

Courses taught: PT 6212 Patient/Client Management III (Instructor of Record), PT 6322
Patient/Client Management IV (Instructor of Record) , PT 7312 Patient/Client Management V
(Secondary Instructor), Tenure Track
San Antonio, Texas
2015-Present

University of Southern California Adjunct
Faculty – Hybrid program

Courses taught: PT-561B Evidence for Physical Therapist Practice (secondary instructor),
PT561D Evidence for Physical Therapist Practice (secondary instructor); adjunct faculty for
Virtual Interprofessional Education Experience (VIPE)

Los Angeles, California
January 2021 to April 2022

Intermountain HealthCare, Stewart Rehabilitation
Outpatient Neurorehabilitation
Physical Therapist, II

Treating patients with neurological disorders including: concussion, TBI, vestibular impairments,
movement disorders, Parkinson's disease, Multiple Sclerosis, Cerebrovascular accident, Spinal Cord
Injury, Cerebral Palsy and neuropathy. Included evaluation, prescription, fitting at training for orthosis,
wheelchairs and other assistive devices.

Full time
Ogden, Utah
Feb 2011 - August 2015

University of Utah Hospitals, Sugarhouse Clinic
Outpatient Neurorehabilitation

Physical Therapist, II , Per Diem, 40 hours a week

Treating patients with neurological disorders including: concussion, TBI, vestibular impairments, movement disorders, Parkinson's disease, Multiple Sclerosis, Cerebrovascular accident, Spinal Cord Injury, Cerebral Palsy and neuropathy. Also served as the site intervention therapist for the Bioness FASTest trial comparing outcomes of Functional Electrical Stimulation (FES) to Ankle-Foot Orthosis (AFO) after stroke. Included evaluation, prescription, fitting at training for orthosis, wheelchairs and other assistive devices.

Salt Lake City, Utah

Long Beach Memorial Medical Center

Outpatient Neurorehabilitation

Physical Therapist, Full-time

Treating patients with neurological disorders including: concussion, TBI, vestibular impairments, movement disorders, Parkinson's disease, Multiple Sclerosis, Cerebrovascular accident, Spinal Cord Injury, Cerebral Palsy and neuropathy. Also served as the site intervention therapist for the Bioness FASTest trial comparing outcomes of FES to AFO after stroke. Included evaluation, prescription, fitting at training for orthosis, wheelchairs and other assistive devices.

Long Beach, California

August 2005- February 2010

University of Southern California

Adjunct Clinical Faculty, Part-time

Teaching as secondary faculty in PT 581 Course

Non-Tenure track

Los Angeles, California

August 2005 -May 2010

USC Physical Therapy Associates

Physical Therapist, Neuroresident

Treating patients with neurological disorders including: concussion, TBI, vestibular impairments, movement disorders, Parkinson's disease, Multiple Sclerosis, Cerebrovascular accident, ALS, Spinal Cord Injury, Cerebral Palsy and neuropathy.

Los Angeles, California

August 2005- June 2006

Peer Reviewed Publications:

D'Silva L, Skip K, Penn J, Klatt B, Gallagher S. Advocacy for Telehealth Services: A Commentary from the Vestibular Rehabilitation Taskforce. Accepted for Publication in Physical Therapy Journal of Policy, Administration and Leadership, August 2021 Special Telehealth Issue.

Penn J, Voyce C, Nadeau J, Crocker A, Ramirez M, and Smith, S. *Optimizing Student Learning and Readiness for Collaborative Care of Individuals with Complex Medical Cases in the Acute Care Setting Through Interprofessional Simulation.* Submitted for review July 2021 for publication in Journal of Interprofessional Education & Practice.

Berg-Poppe P, Penn J, Rafferty M, Bains M. *Comparing Physical Therapist Knowledge and Preparation for Treating People with Parkinson Disease Across Practice Settings.* Submitted for review July 2021 for publication in Physical Therapy Journal.

Peer Reviewed Scientific and Professional Presentations:

Petersen E, Tugel M, Penn J. *Focal Tremor Following Functional Restoration of Motion in a patient with Chronic Post-Traumatic Elbow Stiffness; A Case Report.* Submitted for review July 2021

Penn J, Voyce C, Crocker A, Ramirez M, and Smith S.
Optimizing Student Learning and Readiness for Collaborative Care of Individuals with Complex Medical Cases through Interprofessional Simulation.
APTA Academy of Acute Care Physical Therapy, Bridge the Gap: Using Simulation to Advance Acute Care Physical Therapy
November 2020

Penn J, Maki Y, Hoppes C, Amy C.
Advocating for Optimal Outcomes after Brain Injury: An Innovative Interprofessional Collaboration between Optometry and Physical Therapy.
National Academies of Practice Annual Meeting and Forum
October 2019

Garza H, Ramos S, Rogers P, and Penn, J.
A Descriptive Study of the Social Determinants of Health Affecting Physical Therapy Utilization for Individuals with Parkinson's Disease in San Antonio.
UIW Research Week
April 2019

Penn J, Green A, Rodriguez S, et al.
Social Connection May Predict Physical Activity for Individuals with Parkinson's Disease.
UIW Research Week
April 2019

Penn J, Cantu R, Crocker A
Correcting the Imbalance Between Self-Efficacy and Functional and Participation Deficits with Balance-Based Torso Weighting for a Patient Post Cerebrovascular Accident
APTA Combined Sections Meeting
February 2018

Penn J, Crocker AF, Smith SN.
Experiential Learning in Health Professions Education.
Association of Schools Advancing Health Professions Annual Conference
2017

Non-Peer Reviewed Publications and Presentations:

Penn, Jennifer
Accessing Rehab Therapies: Building Your Care Team
Parkinson's Foundation: Beyond the Diagnosis Symposium
January 27, 2021

Penn, Jennifer
Building Good Foundations
Coastal Bend Parkinson's Support Group, Paddle for Parkinson's Annual Symposium
Aug 31, 2019

Penn, Jennifer
Exercise and Neuroplasticity for Individuals with Parkinson's Disease and their Families.
Lone Star Parkinson's Society, 8th Annual Parkinson's Disease Symposium
October, 2016

Continuing Education Workshops Conducted:

Penn, Jennifer
Parkinson's Disease and Exercise, What's the right prescription?
Texas Physical Therapy Association, Central District Chapter meeting
October 11, 2017

Rodriguez C, Garcia A, Bartels D, Morgan B, Penn J, Womack A, Rash M, Perry B.
Vestibular Rehabilitation: Moving Past the Basics
Texas Chapter of the American Physical Therapy Association,
August 20, 2016

Funded Grant Activity:

Penn J (Primary PI), Berg-Poppi P (co-investigator)
Integrating Parkinson disease intervention evidence into skilled home health care: a multistage knowledge-to-action translational project.
Amount Awarded: \$10,000
Nature of the project: The study will gather information using a survey and both HH physical therapist and HH client focus groups. The information the researchers synthesize will be useful for developing materials that promote the safe and feasible implementation of home exercise programming that is both intense and challenging enough to drive optimal outcomes from physical therapy intervention.
Awarded through Parkinson Foundation Faculty Research Grants

Penn J (Primary PI), Cantu, Ortiz A, and Goffar S.
Movement for the Underserved People with Parkinson's Disease of San Antonio Through Exercises Classes Vital for Equality (MUEVE)
Amount Awarded \$10,866
Nature of the project: This is a program to compare the efficacy and outcomes of in-person vs. telehealth connected PD specific exercise programs in both English and Spanish speaking populations.
Parkinson's Foundation Community Grants

Penn J (Primary PI), Bains M, and Berg-Poppe
Rehabilitation Patterns and Clinician Preparedness when Treating Patients with Parkinson's Disease in Rural Clinical Practice
Nature of the project: This project looked at physical therapist preparation and readiness to treat individuals with Parkinson's Disease in rural states in the state of Texas.
Amount Awarded: \$3,709.80
March 2020, UIW Faculty Endowment Research Award (FERA)

Current/Active Research Activity: (see above as is still active)

Membership in Scientific/Professional Organizations:

- Education Section, American Physical Therapy Association, 2016 - present
- Academy of Neurological Physical Therapy, American Physical Therapy Association, Aug 2005 - present
- Vestibular Special Interest Group, Academy of Neurological PT, APTA, 2005- current, (Member or the Vestibular Telehealth Taskforce)
- Texas Physical Therapy Association, 2016- Present
- American Physical Therapy Association, 2005- present
- Utah Physical Therapy Association, 2011-2016, (Secretary from 2013-2015)
- California Physical Therapy Association, 2005-2010

Consultative and Advisory Positions Held:

Advisory Board Member
Parkinson's Foundation, Greater Texas Chapter
Dec 2020 - present

Board Member, Medical Advisory Member
SA Moves
Fall of 2016 - Dissolution of organization in Spring 2020

Community Service:

Moving Day San Antonio/Austin Committee Member
Parkinson's Foundation
Sept 2019 - present

Sunday School Activities leader for children 8-9 years old
Church of Jesus Christ of Latter-Day Saints
February 2019 - Aug 2020

Young Women's advisor for girls aged 12-17
Church of Jesus Christ of Latter-day Saints
Jan 2018 - Dec 2018

Volunteer
Haven For Hope
Aug 2018

Medical volunteer, organizing students of physical therapy to help perform free balance screening and necessary referrals.
American Parkinson's Disease Association, San Antonio Chapter, 20th Annual Symposium

Panelist for youth career Fair, for youth ages 12-18
Church of Jesus Christ of Latter-Day Saints

Volunteer to help with Christmas Dinner
Rolling Inspiration, Christmas Dinner
December 2017

Volunteer
San Antonio Food Bank
Aug 2016 and Aug 2017

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

University-wide

American Heart & Lung Red Dress Event
2018 - current
Member (2018-current); Chair (2020- current)

School - School of Physical Therapy

Patient/Client Management Thread (team) 2015 – current, chair 2019-present
Faculty Affairs, committee member - 2016-2018 Awards Committee member, 2016-2018, 2019-2021
Clinic Committee Member 2017-2019, 2019- 2021
Alpha Committee member, 2018- present
Capstone Committee Member 2019 - present

Department - N/A (same as above)

Honors and Awards: N/A

Continuing Education Attended:

2020 Combined Sections Meeting of the American Physical Therapy Association. Denver Colorado. February 2020. 90% Neurology; 10% Education. Courses included “*Research Making you Dizzy?*” “*How to translate the Vestibular Clinical Practice guidelines to Practice.*”

2019 Combined Sections Meeting of the American Physical Therapy Association. Washington, DC. January 2019. *Courses attended included: Incorporating aerobic exercise as a tool in stroke recovery; AFO and FEW for foot drop in post-stroke hemiplegia; clinical practice guideline; Is proof in the pudding? Psychometrics in concussion rehabilitation; Implementing core set of outcome measures for adults with neurologic conditions; Using movement systems diagnosis and functional interventions to address mobility; Multiple Sclerosis management for PTS’s, what to expect and what to do about it; Optimizing variability for treatment; PPPD, early detection and integrative rehabilitation therapy improves outcomes; Utilization of knowledge translation in Neurologic Physical Therapy Practice; Activity-based neuroplasticity in spinal cord injury; Sleep, the impact of sleep on pain, healing and wellness; Telehealth in vestibular rehabilitation, are you reading or are you spinning; and Treating gait asymmetry after stroke, basic and clinical research insights.*

Parkinson's Foundation Physical Therapy Faculty Program. Portland, Oregon. Aug 2019.

Applications of Functional Near-Infrared Spectroscopy (fNIRS) to Physical Therapy Research. San Antonio, Texas February 2018

2018 Combined Sections Meeting of the American Physical Therapy Association. New Orleans, LA. February 2018. *Courses attended included: Entry- level Competencies from APTA Academies: Resources to Guide Curriculum; Clinical Reasoning: Understanding Communication, Context and Care; Beyond FITT-ness: changing how we teach therapeutic exercise in a DPT curriculum; Delayed Recovery and medical interventions for recalcitrant vestibular disorders; High intensity aerobic exercise enhances function in PD; Hypoxic-ischemic brain injury: Movement disorders and clinical implications; Integrating clinical reasoning and the movement system across health conditions; Intervention strategies for patients with neuropsychiatric condition; Low-cost neuromodulatory priming techniques for post stroke motor rehabilitation; Multiple sclerosis in the underserved: updates in symptomology, pharmacology, and Practice; No longer lost in translation; closing the know-do gap in locomotor training; Pitfalls of post-concussion syndrome; and Rest versus Activity; debating the current evidence in concussion management.*

Translating Research into Exercise4BrainChange Approaches for individuals with Parkinson Disease: Real World Rehabilitation and Community Implications. San Antonio, Texas. January 2018.

2017 Combined Sections Meeting of the American Physical Therapy Association. San Antonio, Texas. February 2017. *Courses attended included: A comprehensive Roadmap to managing patients with disorders of consciousness; A core set of outcome measures for neurology physical therapy, a CPG; Age matters in the evaluation and treatment of concussions; Amplify your clinical*

reasoning; Applying the dual task taxonomy cognitive, auditory, visual and manual modes; Choices, chances and professional mentoring the NCS; Clinical management of the lateral canal; Cognition and Parkinson's Disease; Cognitive and physical assessment, the application; Cognitive impairment in PD, understanding and unlocking freezing of gait; Motivational interviewing; Movement diagnosis in neurologic physical therapy; Optimizing interdisciplinary rehabilitation for individual with dual injury, SCI/ABI; Pusher syndrome, neuroscience and evidence for assessment and treatment; Triggering plasticity; and Evaluation and treatment of motion induced disorders.

Directional Postural Control Assessment and Strategic Weighting to Control Balance. San Antonio, Texas. March 2017.

Current Teaching Responsibilities

University of the Incarnate Word (2015 – Present)

DPT 6212 Patient/Client management 3 (2 Credit hours) Laboratory course focused on skills acquisition related to the evaluation of and intervention strategies for patients/clients with impairments of body structures and functions, activity limitation and participation restriction resulting from 1) Total Knee Arthroplasty 2) Sepsis/ICU Acquired Weakness 3) Torticollis 4) Cerebral Palsy 5) Down Syndrome 6) Duchenne's Muscular Dystrophy. Examination and intervention strategies are coordinated with patient/client cases presented in Physical Therapy Reasoning 3. Opportunities for learning in the laboratory allow the student to integrate knowledge gained in Physical Therapy Reasoning, Foundational Sciences and Professional Topics in planning and applying evaluation and intervention procedures.

DPT 6322 Patient/Client Management 4 (3 Credit hours) Laboratory course focused on refinement of psychomotor skills related to the examination of and intervention strategies for patients/clients with impairments of body structures and functions, activity limitation and participation restriction resulting from 1) cerebrovascular accident, 2) traumatic brain injury, 3) spinal cord injury 4) Guillain-Barre syndrome, 5) multiple sclerosis, 6) benign paroxysmal positional vertigo/unilateral vestibular hypofunction, 7) central vestibular disorder, 8) Parkinson's disease. Examination and intervention strategies are coordinated with patient/client cases presented in Physical Therapy Reasoning 4. Opportunities for learning in the laboratory allow the student to integrate knowledge gained in Physical Therapy Reasoning, Foundational Sciences and Professional Topics into planning and applying evaluation and intervention procedures.

DPT 5115, 6115, 7115, 8115 Professional Critical Self-Reflection I, II, III, IV (1 semester hour each) These courses are focused on critical self-reflection to the development of the student as a health care professional in terms of professional behaviors and interactions, and development of professional competencies towards graduate outcomes. The student will explore their individual strengths and weakness, as well as opportunities for and challenges to learning. Students will reflect on their own cognitive distortions; automatic thoughts; problem solving and problem identification; assessment; and resolution-and-conflict management (identification, clarification, resolution, styles). The student will use journaling, portfolio development and discussions with peers and faculty to develop their own professional identity and philosophy that will contribute to behavior such as: life-long learning, social engagement and advocacy, and the importance of beliefs that contribute to professionalism.

DPT 6119, 7110, 8119 Capstone I, II, III (1 semester hour each) These courses enable the students at the UIW School of Physical Therapy to work with their course faculty member as they successfully begin their scholarly project (DPT 6119) and continue and complete this project in subsequent courses (DPT 7119, DPT 8119). Students may make anywhere from 1-3 presentations or complete 1 to 3 work-based projects through these courses.

(2019-2020)

DPT 7312 Patient/Client Management 5 (3 credit hours) Adjunct faculty for laboratory experiences in evaluation and intervention strategies for movement dysfunctions in patients/clients with acute and chronic pulmonary diseases, trauma, concussion, cervical/thoracic pain, cardiac disease, kidney disease, immunocompromised, burns, wounds, upper/lower extremity amputation, autoimmune disorders, degenerative neurological diseases, upper quadrant trauma, altered mental status.

(2015-2018)

DPT 7312 Patient/Client Management 5 (3 credit hours) Instructor of Record for laboratory experiences in evaluation and intervention strategies for movement dysfunctions in patients/clients with acute and chronic pulmonary diseases, trauma, concussion, cervical/thoracic pain, cardiac disease, kidney disease, immunocompromised, burns, wounds, upper/lower extremity amputation, autoimmune disorders, degenerative neurological diseases, upper quadrant trauma, altered mental status.