

CURRICULUM VITAE

Michael L. Puthoff, PT, PhD, GCS
St. Ambrose University
Physical Therapy Department
518 W. Locust Street
Davenport, IA 52803
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Education:

University of Iowa
Iowa City, IA
Physical Therapy and Rehabilitation Science
Doctor of Philosophy, May 12, 2006

Marquette University
Milwaukee, WI
Physical Therapy
Master of Physical Therapy, May 21, 2000

Marquette University
Milwaukee, WI
Psychology
Bachelor of Arts, May 17, 1998

Licensure Information / Registration Number:

State of Iowa / 03247
State of Illinois / 070.012424

Certifications:

Board Certified Specialist in Geriatric Physical Therapy, 2009 - Current
LSVT Big Certified Clinician, 2011 – Current
TeamSTEPPS Master Training, 2017- Current

Employment and Positions Held:

Academic:

St. Ambrose University

Davenport, IA

Professor 2015 – present

Associate Professor 2010 – 2015

Tenured 2010

Assistant Professor 2006 – 2010

Instructor 2004 – 2006

Dean, Graduate Studies

St. Ambrose University

Davenport, IA

2017 - Current

Director

Physical Therapy Department

St. Ambrose University

Davenport, IA

2011 – 2017

Interim Director

Physical Therapy Department

St. Ambrose University

Davenport, IA

2010 – 2011

Assistant Director

Physical Therapy Department

St. Ambrose University

Davenport, IA

2009 - 2010

Professional/Non-Academic:

Physical Therapist

Per Diem Status

Millennium Therapy

Worked at Riverview Manor

Bettendorf, IA

2014

Physical Therapist

Per Diem Status

Genesis Medical Center

Davenport, IA

2004 – 2014

Physical Therapist
Per Diem Status
Select Specialty Hospital
Davenport, IA
2007 – 2010

Physical Therapist
Per Diem Status
Aegis Therapies – Kahl Home for the Aged and Infirm
Davenport, IA
2005 – 2007

Physical Therapist
Part Time Status
Bariatric Surgical Center
Genesis Medical Center
Davenport, IA
2002 – 2004

Physical Therapist
Full Time Status
Outpatient Rehabilitation Department and various nursing homes
Genesis Medical Center
Davenport, IA
2001 – 2002

Physical Therapist
Full Time Status
Alegent Health Bergan Mercy Medical Center
Omaha, NE
2000 – 2001

Peer Reviewed Publications:

Puthoff ML, Youngs B. Cardiac Rehabilitation Leads to Improvements in Activity Limitations - Brief Report. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 2017; 37(6): 424-427.

Hillegass E, Puthoff ML, Frese E, Thigpen M, Sobush DA, Auten, B. The Role of Physical Therapists in the Management of Individuals at Risk for or Diagnosed with Venous Thromboembolism – An Evidence-Based Clinical Practice Guideline. *Physical Therapy Journal*. 2016; 96(2): 143-66.

Note: Executive summaries of guidelines also published in *Cardiopulmonary Physical Therapy Journal* and *Journal of Acute Care Physical Therapy*.

Puthoff ML, Saskowski DA. Reliability and Responsiveness of Gait Speed, Five Times Sit to Stand and Hand Grip Strength for Patients in Cardiac Rehabilitation. *Cardiopulmonary Physical Therapy Journal*. 2013; 24(1):31-37.

Puthoff ML. Smoking Cessation and the Physical Therapist. MedEdPORTAL; 2013. Available from: <https://www.mededportal.org/publication/9618>.

Puthoff ML, Janz KF, Nielsen DH. The relationship between lower extremity strength and power to everyday walking behaviors in older adults with functional limitations. *Journal of Geriatric Physical Therapy*. 2008; 31(1): 24-31.

Puthoff ML. Outcome measures in cardiopulmonary physical therapy: short physical performance battery. *Cardiopulmonary Physical Therapy Journal*. 2008; 19(1):17-22.

Puthoff ML. Bariatrics geriatrics: Physical Therapy management of older adults who are obese. *Topics in Geriatrics*. American Physical Therapy Association Section on Geriatrics. 2007. Volume 3.

Puthoff ML. Outcome measures in cardiopulmonary physical therapy: gait speed. *Cardiopulmonary Physical Therapy Journal*. 2007;18(4):16-20.

Puthoff ML, Nielsen DH. The relationships between impairments in lower extremity strength and power, functional limitations, and disability in older adults. *Physical Therapy*. 2007;87(10):1334-1347.

Puthoff ML, Darter BJ, Nielsen DH, Yack HJ. The effect of weighted vest walking on metabolic responses and vertical ground reaction forces. *Medicine & Science in Sports and Exercise*. 2006;38(4):746-752.

Darter BJ, Janz KF, Puthoff ML, Broffitt B, Nielsen DH. Reliability and accuracy of the AMP 331 for activity monitoring and energy expenditure prediction in young adults. *Journal of Physical Activity and Health*. 2006; 3:277-291

Peer Reviewed Scientific and Professional Presentations:

Research Presentations

Puthoff ML, Choffin BM. Improvements in Doctor of Physical Therapy Students' Health and Wellness Following a Six-Week Learning Experience. APTA Combined Sections Meeting, Anaheim, CA 2016 (Poster Presentation).

Collins K, Puthoff ML. Detection of Cardiovascular System Issues in a Patient Referred for Balance Impairments. APTA Combined Sections Meeting, Indianapolis, IN 2015 (Poster Presentation).

Puthoff ML, Youngs B. The Prevalence of Activity Limitations in Patients Entering Cardiac Rehabilitation. AACVPR National Meeting, Nashville, TN, 2013 (Poster Presentation)

Youngs B, Puthoff ML. Cardiac Rehabilitation Leads to Improvements in Functional Abilities. AACVPR National Meeting, Nashville, TN, 2013 (Poster Presentation)

Puthoff ML, Saskowski DA. Reliability and Minimal Detectable Change for Physical Performance Measures in Cardiac Rehabilitation. APTA Combined Sections Meeting, Chicago, IL, 2012 (Poster Presentation)

Sutter J, Puthoff ML. Objective Gait and Upper Extremity Assessment in a Patient with Idiopathic Normal Pressure Hydrocephalus: A Prospective Case Study. APTA Combined Sections Meeting, Chicago, IL, 2012 (Poster Presentation)

Ehrmann BJ, Puthoff ML. The impact of physical therapist centralized application service on admission demographics: one program's experience. APTA Combined Sections Meeting, San Diego, CA, 2010 (Platform Presentation).

Huff EG, Hughes B, Puthoff ML. Incorporating Medical Setting Interdisciplinary Experiences into a Graduate SLP Program. National American Speech Language and Hearing Association, New Orleans, LA, 2009

Medema-Johnson H, Puthoff ML. Motivational interviewing, used in addition to an individualized, supervised fitness program enhances perceived competence. American College of Sports Medicine Annual Conference, Indianapolis, IN, 2008 (Poster Presentation)

Puthoff ML, Nielsen DH. The relationship between impairments in muscle performance, functional limitations and disability in older adults. APTA Combined Sections Meeting, Boston, MA, 2007. (Platform Presentation)

Darter BJ, Puthoff ML, Yack HJ, Nielsen DH. Inter-variable relationships between laboratory and clinical measures of gait performance, and clinical measures of functional ability in persons with a transfemoral amputation. APTA Annual Conference, Orlando, FL, 2006. (Poster Presentation).

Puthoff ML, Darter BJ, Janz KF, Broffitt B, Nielsen DH. Reliability and accuracy of the AMP 331 for activity monitoring and energy expenditure prediction in young adults. ACSM Walking for Health Conference, Urbana-Champaign, IL, 2005. (Poster Presentation)

Puthoff ML, Janz KF, Nielsen DH, Myers AM. The relationship of lower extremity muscle performance to the intensity and volume of walking in older adults. ACSM Walking for Health Conference, Urbana-Champaign, IL, 2005. (Poster Presentation)

Puthoff ML, Darter BJ, Buesch JC, Solomon EB, Tiemeyer ST, Ulmer MD, Weber BL, Nielsen DH. Changes in vertical ground reaction forces during walking while wearing a weighted vest. APTA Combined Sections Meeting, New Orleans, LA, 2005. (Poster Presentation)

Darter BJ, Puthoff ML, Buesch JC, Solomon EB, Tiemeyer ST, Ulmer MD, Weber BL, Nielsen DH. The effects of wearing a weighted vest on oxygen consumption and relative exercise intensity during multi-speed treadmill walking. APTA Combined Sections Meeting, New Orleans, LA, 2005. (Poster Presentation)

Eppen K, Puthoff ML, Darter BJ, Nielsen DH. Intra-test reliability and comparison of treadmill and over ground six-minute walk tests in patients with COPD. APTA Combined Sections Meeting, New Orleans, LA, 2005. (Poster Presentation)

Puthoff ML, Fern BJ, Mongar RB, Niggemeyer ET, Peters SM, Willer JW, Darter BJ, Nielsen K, Nielsen DH. Intra-test reliability and comparison of treadmill and over ground six-minute walk tests. APTA Combined Sections Meeting, Nashville, TN, 2004. (Poster Presentation)

Professional Presentations

Krupke D, Phillip E, Puthoff, M, True C. Putting evidence into practice: Person-centered strategies for better outcomes and self-care strategies for better living! Institute for Person Centered Care Conference. Davenport, IA. 2018.

Hillegass E, Puthoff ML. The Science of Movement With VTE: Myths, Meds, Monitoring, and Mobility. APTA Combined Section Meeting. New Orleans, LA 2018.

Puthoff ML. Adding Power to the Aging Adult's Exercise Program. APTA Combined Sections Meeting, Indianapolis, IN, 2015.

Collins S, Frese E, Heick J, Hillegass E, Puthoff ML, Sobush DA, Thigpen M. Venous Thromboembolism and Heart Failure: Current Clinical Practice Guidelines. APTA Combined Sections Meeting, Indianapolis, IN, 2015.

Puthoff ML. Incorporating Functionally Based Exercises in Cardiac Rehabilitation Programs. AACVPR Annual Conference, 2013.

Puthoff ML. Power Training and the Older Adults: From the Laboratory to the Clinic. Keynote Speaker at the Texas Woman's University Dallas Physical Therapy Research Conference, Invited Presentation. November 29, 2012.

Puthoff ML. Identifying and Managing Patients at Risk for Falls in Cardiac and Pulmonary Rehabilitation. AACVPR Annual Conference, Anaheim, CA. 2011

Bartels MN, Puthoff ML, Savage P, Springs T. Management of Special Populations in Cardiovascular Rehabilitation: Focus on Function. AACVPR Annual Conference, Milwaukee, WI, 2010.

Puthoff ML. Power Training for Aging Adults: It's Not Just for Athletes. APTA Combined Sections Meeting, San Diego, CA, 2010.

Puthoff ML. Physical Therapy Management of Nutritional Deficits in the Older Adult. APTA Combined Sections Meeting, Las Vegas, NV, 2009

Non-Peer Reviewed Presentations (last 10 years):

Puthoff ML. Exercise is Medicine: Prescribing Community Based Exercise Programs to Facilitate Physiological Changes in Older Adults. 2017 Falls Prevention Symposium, Ankeny, IA July 13, 2017.

Puthoff ML. Mobilizing Patients in the Intensive Care Unit. Genesis Medical Center, Davenport, IA. August 27, 2016.

Puthoff ML. Faculty Opportunities and Possibilities in a Physical Therapy Department. St. Ambrose University. Davenport, IA April 30, 2016

Puthoff ML. The Role of Physical Therapists in the Management of Individuals at Risk for or Diagnosed with Venous Thromboembolism – An Evidence-Based Clinical Practice Guideline. Iowa Physical Therapy Association Southeast District Meeting, Davenport, IA, 2015.

Phillips E, Puthoff ML. Facilitating Healthy Lifestyle Change: Evidence and Strategies for Healthcare Professionals. St. Ambrose University, Davenport, IA, 2015.

Puthoff ML. Management of Individuals with Parkinson's Disease Using Principles of LSVT® Big Therapy. Iowa Physical Therapy Association Student Conclave, Ames, IA, 2013.

Puthoff ML. Early Mobilization in the Intensive Care Unit: A Focus on the Decision Making Process. 15th Annual Respiratory Care Conference, Genesis Medical Center, Davenport, IA, 2013

Puthoff ML. Cardiovascular Implications for Patients in the Outpatient Orthopedic Setting. Genesis Medical Center Orthopedic Physical Therapy Presentation Series, Davenport, IA, 2013.

Puthoff ML. Screening for Fall Risk: A Guide for Radiologist Technologist. Radiology Society, Davenport, IA, 2012

Puthoff ML. Mobilizing Patients in the Acute Care and Intensive Care Unit Setting. Illinois Neurological Institute, Peoria, IL, 2013.

Puthoff ML. Management of Individuals with Parkinson's Disease Using Principles of LSVT® Big Therapy. Iowa Physical Therapy Association Southeast District Meeting, Davenport, IA, 2012.

Chin C, Puthoff ML. Fall Prevention in Older Adults. Genesis Medical Center Trauma Conference, Davenport, IA, 2011.

Puthoff ML. Outcome Measures in Geriatric Physical Therapy. Rock Valley Physical Therapy, Silvis, IL, 2011.

Puthoff ML. Physical Therapy Management of Patients with Cardiovascular and Pulmonary Disease, St. Ambrose University, Davenport, IA, 2009.

Funded / In Review Grant Activity:

Puthoff ML

\$1500.00

The Feasibility of Using the Moving Target Screen in an Aging Adult Population
2018

College of Health and Human Services, St. Ambrose University

Puthoff ML, Saskowski D.

\$1,535.00

Examination of Functional Outcomes in a Cardiac Rehabilitation Program.

2010-2011
Iowa Physical Therapy Foundation

Puthoff ML.
\$1,200.00
Creation of Animated Exercises for Older Adults
2007-2008.
St. Ambrose University, Faculty Development Committee

Puthoff ML.
\$1200.00
The Relationship of Physical Activity to Function and Disability in Older Adults
2006 – 2007
St. Ambrose University, Faculty Development Committee

Current/Active Research Activity

Puthoff ML, Hillegass E
Update of Venous Thromboembolism Guidelines for Physical Therapists
Funding: in process

Puthoff ML
The Feasibility of Using the Moving Target Screen in an Aging Adult Population
Funding: \$1500

Puthoff ML, Ballantyne BT
The Effects of the Biodex Sit2Stand Trainer on Function for those with Cardiac Disease.
Funding: none

Membership in Scientific / Professional Organizations:

American Physical Therapy Association, 2000 – Current
Academy of Geriatric Physical Therapy, Member
Cardiovascular and Pulmonary Section, Member
Section on Education, Member

Iowa Physical Therapy Association
2002 – Current - Member
2005 – 2007 – Board of Directors
2004 – 2008 – Education Committee
2002 – 2005 – Research Committee Chairperson

American Association of Cardiovascular and Pulmonary Rehabilitation
2004 – Current – Member

Consultative and Advisory Positions Held:

Workgroup Member – Statement 3
Choosing Wisely Initiative
American Physical Therapy Association
2015 – Current

Member of Steering Committee
Chair of Publications and Communications Subcommittee
Exercise and Physical Activity and Aging Conference II (ExPAAC II), Section on Geriatrics
2014 – 2016

VTE Clinical Practice Guideline Development Task Force of the Cardiovascular and
Pulmonary Section of the American Physical Therapy Association
2012- 2016

Member of Steering Committee
Chair of Publications and Communications Subcommittee
Exercise and Physical Activity and Aging Conference (ExPAAC), Section on Geriatrics
2008 – 2010

Manuscript Reviewer
Archives of Physical Medicine and Rehabilitation
2006 – Current

Manuscript Reviewer
Archives of Physical Medicine and Rehabilitation
2006 – Current

Manuscript Reviewer
Cardiopulmonary Physical Therapy Journal
2005 – Current

Manuscript Reviewer
Journal of Cardiopulmonary Rehabilitation and Prevention
2018 – Current

Community Service:

- Speaker for *Matter of Balance* courses – 2014-present
- Lourdes Catholic School, Faith Formation Board/Board of Education – 2013 – 2018
- Cub Scout Pack 199 Leader – 2014 –2016
- LEGO Robotic Coach, Middle School – 2015
- Boys Scouts Personal Fitness Merit Badge Counselor – 2012 – present
- Morning Greeter, Lourdes Catholic School – 2010 – 2013
- Deerbrook Home Owners Association Board of Directors, 2007 – 2010

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

University-wide

2018

Executive Director for Institute for Person Centered Care Search Committee

2017

Vice President of Enrollment Management Search Committee

2013-2017

Graduate Council Executive Committee Member

2015 – 2017
Faculty Handbook Committee, chair 2016-2017

2010-2014
Educational Policies Committee, chair 2012-2013.

2008-2010
Board of Studies

2008-2009
Faculty Development New Faculty Mentoring Program

2007-2009
College of Business, Master of Business Administration Admissions Committee

2007-2008
Alcohol Task Force

2006-2007
Advisory Board for the Center on Teaching Excellence

School

2015 - Current
Interprofessional Health Clinic, Clinic Manager

2016
Director of School of Public Health Search Committee

Department

2018 – Current
DPT Curriculum Committee

2010 - 2017
As Director of Department, serve on all Department Committee

2004-2010
Admissions and Retention Committee, chair 2007-2010

Honors and Awards:

College of Health Sciences Young Alumnus of the Year
Marquette University
2014

Graduate Professor of the Year
St. Ambrose University
2008

Emerging Leader Award
American Physical Therapy Association
2007

Clinical Research Award
Iowa Physical Therapy Association
2007

Adopt-A-Doc Award
American Physical Therapy Association, Section on Geriatrics
2006

Adopt-A-Doc Award
American Physical Therapy Association, Section on Geriatrics
2005

Select Continuing Education Attended (last 5 years)

- Institute for Person-Centered Care Conference, May 31-June 1 – 12.0 hours
- St Ambrose University Evidence Based Practice Symposium, April 23, 2018 – 3.0 hours
- How ECG Rhythms Impact a Patient's Activity Tolerance, April 17, 2018 – 2.25 hours
- Evidence Based Practice Institute: Integrating Evidence Based Practice in a Physical Therapy Educational Program, March 23-24, 2018 – 15 hours
- Combined Sections Meeting, February 21-24, 2018 – 12 hours
 - Cardiovascular and Pulmonary Research: A Year in Review
 - The Movement System: Application for Deconditioned and Frail Older Adults
 - Outcomes After Critical Care: Let's Get Specific
 - Functional Standards for Optimal Aging: The Moving Target
 - Walk This Way: Evidence and Strategies to Optimize Gait Outcomes in Older Adults
 - A Clinical Practice Guideline Update on Chronic Heart Failure
- Holistic Admissions Review Workshop for Physical Therapist Education Programs, February 21, 2018 – 7 hours
- Mandatory Reporter: Child and Dependent Adult Abuse, November 12, 2017 – 2.0 hours
- American Physical Therapy Association Professionalism Module 1: Introduction to Professionalism. Online, August 28, 2017 – 2.0 hours
- American Physical Therapy Association Professionalism Module 2: History of Professionalism in Physical Therapy. Online, August 28, 2017 – 2.0 hours
- American Physical Therapy Association Professionalism Module 3: Ethical Compass. Online, August 28, 2017 – 2.0 hours
- TeamSTEPPS 2.0 Online Master Trainer Course – June 22, 2017
- Building a Brighter Future for Young Children (Breathing and Postural Control) – October 14, 2016 – 6.0 hours
- Educational Leadership Conference – October 7-9, 2016 – 15 hours
- Exercise and Physical Activity in Aging Conference II, July 28-30, 2016 – 18.5 hours
- CAPTE Self Study Workshop, February 15-16, 2016 – 13 hours
- Combined Sections Meeting, February 17-20, 2016 – 18 hours
 - Integrating a Budget and Risk-Friendly Student Run Pro Bono Clinic Into the Curriculum
 - Changing Behavior Through Physical Therapy: Improving Patient Outcomes

- Rotator Cuff Disease: Evidence and Clinical Expertise for Exercise and Manual Therapy
- Decisions, Decisions - The Cost, Benefit, and Impact of PhD Training
- Getting Your First Academic Job: A Guide for Students, Post-docs, and Clinicians
- Can You Walk and Talk Integrating Speech Therapy and Physical Therapy
- Teaching With Multimedia: Applying Evidence to Enhance Learning
- Functional Restoration Pain Program: An Evidence-Based Interdisciplinary Approach to Chronic Pain
- Combined Sections Meeting, February 5-7, 2015 – 16 hours
 - Current Practice and Screening for Deep Vein Thrombosis and Pulmonary Embolism: Keeping Up With the Evidence
 - Cardiovascular and Pulmonary Research Update: A Year in Review
 - The Dilemma of Balance Rehabilitation: Prescribing the Right Dosage of Difficulty for Each Patient's Program
 - High-Intensity Interval Training: Rehab Considerations for Health and Cardiovascular Risk
 - Falls Prevention: Otago Program and Behavior Change
 - Venous Thromboembolism and Heart Failure: Current Clinical Practice Guidelines
 - Mechanical Support and Mobility: ECMO, IABP, and TAH
 - National Study of Physical Therapist Education: Emerging Findings
- Why an Annual PT Checkup Should and Could Be a Service Your Clinic Offers – 12/17/2014
- Iowa Physical Therapy Educational Summit, October 3, 2014 – 7 hours
- Online LSVT Big Certification Renewal Course, August 5, 2014 – 2 hours
- Clinical Reasoning for the Patient with Complex Cardiovascular and Pulmonary Dysfunction, June 19, 2014 – 8 hours
- St. Ambrose University Evidence Based Practice Symposium, April 14, 2014 – 2.75 hours
- Policy Challenges and Opportunities for Physical Therapists Post Health Care Reform, April 11, 2014 – 1 hour
- ORA Healthcare Seminar Series: Spine Panel Musculoskeletal Seminar, February 24, 2014 - 2 hours
- APTA Combined Sections Meeting, January 21-24, 2013 – 22 hours
- American Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference, October 3-5, 2013 – 22.5 hours

Current Teaching Responsibilities

DPT 640 – Cardiopulmonary Therapeutics
Course Coordinator

DPT 635 – Clinical Exercise Physiology
Course Coordinator

DPT 560 – Physical Therapy Procedures 1
Instructor

DPT 810 – Advanced Diagnostics
Instructor

DPT 520 – Pathology I
Instructor

DPT 820 – Medically Complex Patient
Instructor

DPT 800 – Applied Anatomy and Physiology
Instructor