

CURRICULUM VITAE

Michael L. Puthoff, PT, PhD
St. Ambrose University

Education:

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

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

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

Licensure Information / Registration Number:

Iowa, 03247
Illinois, 070.012424

Certifications:

NextGenU.org Certification in Lifestyle Medicine, 2020
TeamSTEPPS Master Training, 2017-Present

Employment and Positions Held:

Academic

Faculty Member
Physical Therapy Department

Professor	2015-Present
Associate Professor	2010-2015
Tenured	2010
Assistant Professor	2006-2010
Instructor	2004-2006

St. Ambrose University
Davenport, IA
2004-Present

Director
Physical Therapy Department
St. Ambrose University
Davenport, IA
2011-2017
2021-Present

Interim Director
Physical Therapy Department
St. Ambrose University
Davenport, IA
2010-2011
2020-2021

Dean, Graduate Studies
St. Ambrose University
Davenport, IA
2017-2021

Assistant Director
Physical Therapy Department
St. Ambrose University
Davenport, IA
2009-2010

Professional/Non-Academic

Physical Therapist, Per Diem Status
Select Rehabilitation, Illini Restorative Care
Silvis, IL
2021-2023

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 M, Lukaszewicz K, Hillegass E. Author Response to Venere Et al. *Phys Ther.* 2023.

Hillegass E, Lukaszewicz, K, **Puthoff ML**. Role of physical therapists in the management of individuals at risk for or diagnosed With venous thromboembolism: Evidence-based clinical practice guideline 2022. *Phys Ther.* 2022; 102 (8): pzac057. doi: 10.1093/ptj/pzac057. PMID: 35567347.

Puthoff ML. Participants' Perceptions and the Implementation of a Physical Fitness Screen for Aging Adults. *J Geriatr Phys Ther.* 2021;44(1):E1-E8.

Lukaszewicz K, Hillegass E, **Puthoff ML**, McPhedran AK. Clinical Update for Physical Therapists: Coagulopathy and COVID-19. *Phys Ther.* 2020. pzaa157, <https://doi.org/10.1093/ptj/pzaa157>

Puthoff ML, Youngs B. Cardiac rehabilitation leads to improvements in activity limitations - brief report. *J Cardiopulm Rehabil Prev.* 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. *Phys Ther.* 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. *Cardiopulm Phys Ther J.* 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. *J Geriatr Phys Ther.* 2008; 31(1): 24-31.

Puthoff ML. Outcome measures in cardiopulmonary physical therapy: short physical performance battery. *Cardiopulm Phys Ther J.* 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. *Cardiopulm Phys Ther J*: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. *Phys Ther.* 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. *Med Sci Sports Exerc.* 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. *J Phys Act 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 (Poster Presentation)

2016

Collins K, **Puthoff ML**

Detection of cardiovascular system issues in a patient referred for balance impairments
APTA Combined Sections Meeting, Indianapolis, IN (Poster Presentation)
2015

Puthoff ML, Youngs B

The prevalence of activity limitations in patients entering cardiac rehabilitation
AACVPR National Meeting, Nashville, TN (Poster Presentation)
2013

Youngs B, **Puthoff ML**

Cardiac rehabilitation leads to improvements in functional abilities
AACVPR National Meeting, Nashville, TN (Poster Presentation)
2013

Puthoff ML, Saskowski DA

Reliability and minimal detectable change for physical performance measures in cardiac rehabilitation
APTA Combined Sections Meeting, Chicago, IL (Poster Presentation)
2012

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 (Poster Presentation)
2012

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 (Platform Presentation)
2010

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 (Platform Presentation)
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 (Poster Presentation)
2008

Puthoff ML, Nielsen DH

The relationship between impairments in muscle performance, functional limitations and

disability in older adults. APTA Combined Sections Meeting, Boston, MA (Platform Presentation)
2007

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 (Poster Presentation).
2006

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 (Poster Presentation)
2005

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 (Poster Presentation)
2005

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 (Poster Presentation)
2005

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 (Poster Presentation)
2005

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 (Poster Presentation)
2005

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 (Poster Presentation)
2004

Professional Presentations

Peacock, N, **Puthoff ML**

Integrating Lifestyle Medicine into Physical Therapy for the Aging Adult

APTA Combined Section Meeting, San Antonio, TX

Pre-conference presentation

2022

Hillegass E, Lukaszewicz, K, **Puthoff ML**. HELP! My patient may have a venous thromboembolism! What Do I Do?.

APTA Combined Section Meeting, San Antonio, TX

2022

Puthoff ML, Smith T. Integrating the annual physical therapy visit for the aging population into clinical practice.

APTA Combined Section Meeting, San Antonio, TX

2022

Blood KM, Camp K, **Puthoff ML**, Studer M

Successful aging through person and situation specific fitness screens and annual examinations

APTA Combined Section Meeting, Denver, CO

2020

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

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 Activity

Puthoff ML, Oldfield-Carlson S. Successful Aging through Collaboration with Evidence Based and Community Based Programs. St. Ambrose University Lunch and Learn Series.
2022

Puthoff ML, Peacock. Integrating lifestyle medicine into physical therapy for the ageing adult. Gerinotes. 2022. 29(3): 27-32.

Hock D, **Puthoff ML**. Tools and templates for implementing the physical therapy annual visits with ageing adults. Gerinotes. 2022. 29(1): 14-20.

Funded / In Review Grant Activity:

Lukaszewicz K, Hillegass E, **Puthoff ML**, McPhedran AK
\$1500 from Cardiovascular and Pulmonary Section
\$3000 from APTA Practice Department
Revision of the Venous Thromboembolism Clinical Practice Guidelines
2019

Puthoff ML

\$1500.00
The Feasibility of Using the Moving Target Screen in an Aging Adult Population
2018
St. Ambrose University, College of Health and Human Services

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: Cardiovascular and Pulmonary Section, \$1500

American Physical Therapy Association, \$3000

Puthoff ML

Implementation of Physical Fitness Screens in Aging Adults

Funding: none

Membership in Scientific / Professional Organizations:

American Physical Therapy Association

1998-Present

- a) Academy of Geriatric Physical Therapy Member
- b) Academy of Cardiovascular and Pulmonary Member
- c) Academy of Education Member

Iowa Physical Therapy Association

- a) Member, 2002-Present
- b) Board of Directors, 2005-2007
- c) Education Committee, 2004-2008
- d) Research Committee Chairperson, 2002-2005

Consultative and Advisory Positions Held:

APTA Geriatrics Exploratory Task Force on Annual Mobility Screen, Chairperson

2023-Present

APTA Geriatrics Governance Taskforce, Member

2023-Present

Academy of Geriatric Physical Therapy and National Council on Aging Task Force
2022-Present

Workgroup Member-Statement 3
Choosing Wisely Initiative
American Physical Therapy Association
2015-2017

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-Present

Manuscript Reviewer
American Journal of Physical Medicine and Rehabilitation
2006-Present

Manuscript Reviewer
Cardiopulmonary Physical Therapy Journal
2005-Present

Manuscript Reviewer
Journal of Cardiopulmonary Rehabilitation and Prevention
2018-Present

Manuscript Reviewer
Brazilian Journal of Physical Therapy
2020-Present

Manuscript Reviewer
Archives of Gerontology and Geriatrics
2021-Present

Community Service:

Committee Chair for Troop 199 and 1199
Boy Scouts of America, Illowa Council
2018-Present

Speaker for *Matter of Balance* and *Stepping On* courses
Milestones Area Agency on Aging
2014-Present

Personal Fitness, Communication, Family Life, Cycling, Citizenship in Society, and Personal
Management Merit Badge Counselor
Boys Scouts of America, Illowa Council
2012-Present

Boutique Wine Auction Co-Chair
St. Ambrose University Wine Festival Committee
2017-2022

Faith Formation Board/Board of Education
Lourdes Catholic School
2013-2018

Cub Scout Leader, Pack 199
Boy Scouts of America, Illowa Council
2014-2016

LEGO Robotic Coach
Lourdes Catholic School
2015

Home Owners Association Board of Directors
Deerbrook Estates
2007-2010

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

University

2022
Chief Marketing Officer Search Committee

2021-Present
Faculty Finance Committee
Chair of Committee, 2022-23

2020
Co-chair of the Fall 2020 COVID Task Force

2017-2021
Graduate Council Chair

2018-2019
Dean of Students Search Committee
Executive Director for Institute for Person Centered Care Search Committee

2018
Executive Director for Institute for Person Centered Care Search Committee

2017-2018
Task Force to explore Non-Tenure Track faculty positions

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

College

2015-2020
Interprofessional Health Clinic, Clinic Manager

2016
Director of School of Public Health Search Committee

Department

2020-Present
As Director of Department, serve on all Department Committee

2018-2020
DPT Curriculum Committee, Chair

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

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

Honors and Awards:

NESA Outstanding Eagle Scout Award
Boy Scouts of America
2022

District Award of Merit
Boy Scouts of America, Illowa Council, Kittan District
2020

Spark Plug Award
Boy Scouts of America, Illowa Council, Kittan District
2019

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):

- Johns Hopkins Critical Care Rehabilitation Conference, November 2022 – 8 hours
- St. Ambrose University Alumni Symposiums, September 2022 – 2.4 hours
- Combined Sections Meeting, February 2022 – 10 hours
 - Telehealth Delivery of Physical Therapy – 2 hours
 - Cardiovascular and Pulmonary Platform Session 2 – 2 hours
 - Physical Activity in Aging – 2 hours
 - Applying High Intensity Exercise to Postacute Rehabilitation – 2 hours
 - HIIT-ing your Target: HIIT Training to Special Populations – 2 hours
- APTA DEI: Foundational Series courses, January, 2022 – 6 hours
- APTA Knowledge Translation Workshop, October, 2021 – 4 hours
- Combined Sections Meeting, February, 2021 – 6 hours
 - 21st Century Pain Education – 1.5 hours
 - Transdisciplinary Approach to Applied Nutrition Education – 1 hour
 - Holistic Review in Admissions – 1.5 hours
 - Getting Older is Not for the Weak – 1 hour
- Why Do Social Determinants of Health Matter? – 1 hour
- Online LSVT Big Certification Renewal Course, January, 2021 – 2 hours
- Combined Sections Meeting, February, 2020 – 18 hours
- Creating and Deploying Microlearning, May, 2019 – 1 hour
- Learning to Teach Online, May, 2019 – 2 hours
- Teaching Technical Skills Through Video, May, 2019 – 1 hour
- Online LSVT Big Certification Renewal Course, January, 2019 – 2 hours
- Rehabilitation for the CrossFit Athlete, IPTA SE District Meeting, November, 2018 – 1.0 hours
- University of Iowa Physical Therapy Educational Summit, September, 2018 – 4.0 hours
- Institute for Person-Centered Care Conference, May-June, 2018 – 12.0 hours
- St Ambrose University Evidence Based Practice Symposium, April, 2018 – 3.0 hours
- How ECG Rhythms Impact a Patient's Activity Tolerance, April, 2018 – 2.25 hours
- Evidence Based Practice Institute: Integrating Evidence Based Practice in a Physical Therapy Educational Program, March, 2018 – 15 hours
- Combined Sections Meeting, February, 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 1, 2018 – 7 hours
- Mandatory Reporter: Child and Dependent Adult Abuse, November, 2017 – 2.0 hours
- American Physical Therapy Association Professionalism Module 1: Introduction to Professionalism. Online, August, 2017 – 2.0 hours
- American Physical Therapy Association Professionalism Module 2: History of Professionalism in Physical Therapy. Online, August, 2017 – 2.0 hours
- American Physical Therapy Association Professionalism Module 3: Ethical Compass. Online, August, 2017 – 2.0 hours

- TeamSTEPPS 2.0 Online Master Trainer Course – June, 2017

Current Teaching Responsibilities:

Fall Semester 2022, Term 1

DPT 560: Physical Therapy Procedures 1

Lecturer

DPT RJ 100: Racial Justice

Course Coordinator

Spring Semester 2023, Term 2

DPT 635: Clinical Exercise Physiology

Course Coordinator

DPT 520: Medical Management and Pathology I

Lecturer

Summer Semester 2023, Term 3

DPT 700: Evidence Based Practice

Course Coordinator

DPT 800: Applied Anatomy and Physiology

Lecturer

Fall Semester 2022, Term 4

DPT 640: Cardiopulmonary Therapeutics

Course Coordinator

DPT 810: Advanced Diagnostics

Lecturer

Spring Semester 2023, Term 5

DPT 760: Physical Therapy Procedures II

Lecturer

DPT 820: Differential Diagnosis

Course Coordinator

Summer Semester 2023, Term 6

DPT 820: Medically Complex Patient

Lab Assistant