

MARGHURETTA DAKOTA BLAND PT, DPT, MSCI
Board-Certified Clinical Specialist in Neurologic Physical Therapy
CURRICULUM VITAE

DATE May 14, 2025

CITIZENSHIP USA

CONTACT INFORMATION

Work: Program in Physical Therapy
4444 Forest Park Blvd
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PRESENT POSITION

2023-present Professor
Physical Therapy, Neurology, Occupational Therapy
Washington University

EDUCATION

2004 BS	Biology	Canisius College, Buffalo, NY
2007	T32 Pre-Doctoral Clinical Fellowship	Washington University, St. Louis MO
2008 DPT	Physical Therapy	Washington University, St. Louis MO
2008 MS	Clinical Investigation	Washington University, St. Louis MO

ACADEMIC POSITIONS/EMPLOYMENT

2008-2009	Physical Therapist, Brooks Rehabilitation Hospital, Jacksonville FL
2009	Physical Therapist (part-time), St. Catherine Laboure Manor, Jacksonville FL
2009-2011	Research Physical Therapist, Program in Physical Therapy, Washington University, St. Louis MO
2010-2011	Physical Therapist (part-time), Des Peres Hospital, St. Louis MO
2011-2013	Instructor, Physical Therapy and Neurology, Washington University, St. Louis MO
2013-2018	Assistant Professor, Physical Therapy, Neurology, Occupational Therapy, Washington University, St. Louis MO
2015-2019	Physical Therapist (part-time), The Rehabilitation Institute of St. Louis, St. Louis MO
2018-2023	Associate Professor, Physical Therapy, Neurology, Occupational Therapy, Washington University, St. Louis MO
2023-present	Professor, Physical Therapy, Neurology, Occupational Therapy, Washington University, St. Louis MO

TEACHING TITLE and RESPONSIBILITIES

Current Teaching Responsibilities: 25% Effort

Module 2, Professions and Movement
Lecturer
Class Size: 75-100
Professional Clinical Doctorate (DPT) Curriculum (WUSM)

Module 3, Movement & Population Health
Lecturer, Laboratory Teaching Assistant

Class Size: 75-100
Professional Clinical Doctorate (DPT) Curriculum (WUSM)

Module 5, Prevention, Diagnosis, and Management of Movement-Related Problems
Lecturer, Laboratory Teaching Assistant
Class Size: 75-100
Professional Clinical Doctorate (DPT) Curriculum (WUSM)

Module 6, Prevention, Diagnosis, and Management of Complex Movement-Related Problems
Module Team, Lecturer, Laboratory Teaching Assistant
Class Size: 75-100
Professional Clinical Doctorate (DPT) Curriculum (WUSM)

Module 7, Practice and Movement
Module Team, Lecturer
Class Size: 75-100
Professional Clinical Doctorate (DPT) Curriculum (WUSM)

Module 8, Practice, Health and Equity
Module Team, Lecturer
Class Size: 75-100
Professional Clinical Doctorate (DPT) Curriculum (WUSM)

UNIVERSITY and HOSPITAL APPOINTMENTS and COMMITTEES

2009-2018	Coordinator, Brain Recovery Core
2016-2021	Member, Transitions of Care Committee, Washington University CIPE
2022	Chair, Transitions of Care Committee, Washington University CIPE
2022	Founding Provider, Washington University in St. Louis, School of Medicine Student Interprofessional Clinic

CURRENT PHYSICAL THERAPY LICENSURE and CERTIFICATION

	Missouri #2008021477
2008	Credentialed Clinical Instructor, American Physical Therapy Association
2011, 2020	Certified Specialist in Neurologic Physical Therapy (NCS), American Board of Physical Therapy Specialties

HONORS and AWARDS

2000-2004	Canisius College Co-Curricular Leadership Scholarship for students exhibiting leadership in academics as well as community involvement
2000-2004	ECAC All-Academic Honors
2000-2004	Academic All-American, Synchronized Swimming National Collegiate Athletic Association, Division I
2003	Canisius Earning Excellence Program Grant Recipient for combined student and faculty research, Washington University Department of Psychiatry in collaboration with Canisius College Department of Biochemistry
2004	Canisius College James Jordan Scholarship for students entering the medical profession
2008	Steven J. Rose Research Award Co-recipient for a physical therapy student demonstrating excellence in research
2016	Academy of Neurologic Physical Therapy, Emerging Leader Award

MANUSCRIPT REVIEWER AND EDITORIAL RESPONSIBILITIES

Reviewer for: Archives of Physical Medicine and Rehabilitation
Clinical Interventions on Aging
Disability and Rehabilitation
International Journal of Physical Medicine and Rehabilitation
Journal of Neurologic Physical Therapy
Journal of the American Physical Therapy Association
Physiotherapy Canada
Qualitative Health Research
Research in Developmental Disabilities
Topics in Stroke Rehabilitation

NATIONAL PANELS, COMMITTEES, BOARDS

2010-2017 Advocacy and Consumer Affairs Committee, Neurology Section, American Physical Therapy Association
2012, 2017 Neurologic Standard Setting Committee
2013 Federation of State Boards of Physical Therapy Item Writer
2013-2016 American Board of Physical Therapy Specialties Item Writer, Neurology
2016-2017 Stroke Edge Revision Task Force
2016-2019 American Board of Physical Therapy Specialties, Neurology Council
2017-2024 Knowledge Translation Outcome Measure Task Force Co-Chair, Academy of Neurologic Physical Therapy
2021-2022 American Board of Physical Therapy Specialties, Clinical Content Expert, Neurology
2024-present Guideline Development Group for the Core Outcomes Clinical Practice Guideline Revision, Member

COMMUNITY SERVICE CONTRIBUTIONS

2006-2007 Coach, University of Georgia Synchronized Swimming Club
2007-2008 Coach, St. Louis Gateway Synchro Club
2006-2008 Volunteer, Washington University School of Medicine Program in Physical Therapy, Pro Bono Clinic
2008-2009 THINK FIRST Presenter, Jacksonville Chapter
2009-2013 Coach, St. Louis Gateway Synchro Club
2012 Presenter, Hazelwood High School, Careers in Physical Therapy
2013-2014 Presenter, Washington University, Camp Neuro
2013-2017 Coach, St. Louis YMCA Synchro
2014 Supervising Physical Therapist, Guatemala Mission Trip
2015 Missouri Physical Therapy Association, Poster Reviewer
2015-2022 Washington University Program in Physical Therapy, Admission Committee
2016 Physical Therapist, International Medical Assistance Foundation, Catacamas, Honduras
2017 Physical Therapist, International Medical Assistance Foundation, Catacamas, Honduras
2017 UCC Presentation on Role of Physical Therapist in Catacamas, Honduras
2017 Physical Therapist and Lecturer, Mekelle University, Mekelle, Ethiopia
2020 American Board of Physical Therapy Specialties, Neurologic Professional Development Portfolio Reviewer
2021-2024 Academy of Neurologic Physical Therapy, Annual Conference Submission Reviewer

PROFESSIONAL SOCIETIES and ORGANIZATIONS

2004-present American Physical Therapy Association
2009-present Academy of Neurologic Physical Therapy

2021-present Academy of Education

INVITED LECTURES

1. 2007. How does restricted AROM at various upper extremity segments affect hand function? *Washington University Program in Physical Therapy, Research Seminar, St. Louis, MO.*
2. 2010. The Brain Recovery Core: building a model system for organized stroke rehabilitation. *Washington University Program in Physical Therapy, Research Seminar, St. Louis, MO.*
3. 2011. The Brain Recovery Core: building a model system for organized stroke rehabilitation. *DePaul Hospital, Acute Therapy Staff, St. Louis, MO.*
4. 2011. The Brain Recovery Core: building a model system for organized stroke rehabilitation. *APTA Combined Sections Meeting, New Orleans, LA.*
5. 2012. Neurologic practice essentials: exploring neuroplasticity and its rehabilitation implications. APTA Neurology Section. Course developer (clinical representative).
6. 2012. Improving patient care: The importance of measuring treatment intensity and progress to yield optimal outcomes. *Meramec Community College, St. Louis, MO.*
7. 2012. Improving care for patients post-stroke: the importance of measuring treatment intensity and progress to yield optimal outcomes. *MPTA Annual Conference, Columbia, MO.*
8. 2012. The Brain Recovery Core: building a model system for organized stroke rehabilitation. *St. Louis University, Research Seminar, St. Louis, MO.*
9. 2012. The Brain Recovery Core: building a model system for organized stroke rehabilitation. *Mercy Rehabilitation Hospital, Inpatient Therapy Staff, St. Louis, MO.*
10. 2013. Neurologic practice essentials: clinical application of the principles of neuroplasticity to maximize patient outcomes. APTA Neurology Section. Presenter, Co-Course Developer. *Kaiser Permanente, Redwood City, CA.*
11. 2013. The Brain Recovery Core 5 years in: utilization of a large clinical database at the patient, program, and institutional levels. *Washington University Program in Physical Therapy, Research Seminar, St. Louis, MO.*
12. 2013. Neurologic practice essentials: clinical application of the principles of neuroplasticity to maximize patient outcomes. APTA Neurology Section. Presenter, Co-course Content Coordinator, Co-Course Developer. *TIRR Memorial Hermann, Houston, TX.*
13. 2013. Stroke rehabilitation: optimizing treatment to improve patient outcomes. *The Rehabilitation Institute of St. Louis Research Day, St. Louis, MO.*
14. 2014. Outcome measures: there's nothing routine about implementation into clinical practice. *APTA Combined Sections Meeting, Las Vegas, NV.*
15. 2014. Standardized assessments: administration and application in the acute care setting. *Boone Hospital, Acute Therapy Staff, Columbia, MO.*
16. 2014. Advanced neurological practice: the impact of physical therapy interventions on neuroplasticity. APTA Neurology Section. Presenter, Co-course Content Coordinator, Co-Course Developer. *Frazier Rehabilitation, Louisville, KY.*
17. 2015. Advanced neurological practice: the impact of physical therapy interventions on neuroplasticity. APTA Neurology Section. Presenter, Co-course Content Coordinator, Co-Course Developer. *Swedish Covenant Hospital, Chicago, IL.*
18. 2015. Standardized assessments: is there a benefit for clinical practice? *Mercy Rehabilitation Hospital, Inpatient Therapy Staff, St. Louis, MO.*
19. 2015. Clinical guidelines: determining prognosis, maximizing function, and navigating the healthcare system post-stroke. *Missouri Physical Therapy Association Annual Conference, St. Louis, MO.*
20. 2015. New Perspectives on Stroke and Aphasia Recovery. *MACDG Fall Conference, St. Louis, MO.*

21. 2015. The Brain Recovery Core: Building and utilization of the system, within the changing healthcare environment. *Mary Free Bed Rehabilitation Hospital Grand Rounds, Grand Rapids, MI.*
22. 2016. Clinical Guidelines: Determining prognosis, understanding assessments, and maximizing function across the healthcare system post-stroke. *PT Special Interest Group, Memorial Physical Therapy Center, Belleville, IL.*
23. 2016. Standardized Assessments: Administration and application across the continuum of care. *Illinois Physical Therapy Association Southern District Meeting, Southwestern Illinois College, Belleville, IL.*
24. 2016. Treatment delivery for patients with neurological deficits across the continuum of care. *Human Movement System: Moving Evidence into Clinical Practice, Washington University Program in Physical Therapy, St. Louis, MO.*
25. 2016. Pulling it all together: key information to guide clinical decision making for people post-stroke. *Rehabilitation Management of the Acute Stroke Patient Through the Continuum of Care, Barnes Jewish Hospital, St. Louis, MO.*
26. 2016. An in-depth understanding of stroke and rehabilitation: where evidence and clinical practice meet. *Hawaii Physical Therapy Association, Oahu, Hawaii.*
27. 2016. Stroke rehabilitation: examining outcomes and next steps. *Annual Stroke Conference, Mary Free Bed Rehabilitation Hospital, Grand Rapids, MI.*
28. 2016. Evidence-based assessment and treatment post-stroke. *Annual Stroke Conference, Mary Free Bed Rehabilitation Hospital, Grand Rapids, MI.*
29. 2017. Customizing stroke rehabilitation: The importance of specificity, intensity, and timing of interventions. *Saint Francis Medical Center, Cape Girardeau, Missouri.*
30. 2018. “The Witch Doctor:” A case of stroke prognosis and practice. *Washington University Program in Physical Therapy, Clinical Rounds, St. Louis, MO.*
31. 2018. Stroke: The logistics of evidence-based practice. *Carle Brain Injury Symposium, Urbana, IL.*
32. 2018. “The Witch Doctor” Putting stroke prognosis into practice. *Anderson Hospital, Acute and Inpatient Therapy Staff, Maryville, IL.*
33. 2018. Enhancing therapy through active time. *Annual Stroke Conference, Mary Free Bed Rehabilitation Hospital, Grand Rapids, MI.*
34. 2019. Implementing core set of outcome measures for adults with neurologic conditions.” *APTA Combined Sections Meeting, Washington, D.C.*
35. 2019. NCS Breakfast: I got my NCS, which door do I open next and how do I open it? *APTA Combined Sections Meeting, Washington, D.C.*
36. 2019. Interprofessional collaboration to improve transitions of care: a case-based educational pilot experience. *National Academies of Practice Annual Meeting & Forum, Washington, D.C.*
37. 2019. Clinical Decision Making and Maximizing Outcomes Post-Stroke. *Mercy Hospital, St. Louis, MO.*
38. 2021. Re-Evaluating Clinical Success: Differentiating Capacity Versus Performance. *APTA Combined Sections Meeting, Virtual.*
39. 2021. Beyond the Score. *Academy of Neurologic Physical Therapy Annual Conference, Virtual.*
40. 2021. Do We Measure Up? *Academy of Neurologic Physical Therapy Annual Conference, Virtual.*
41. 2023. Stroke Rehabilitation. *Washington University Resident Presentation, St. Louis, MO.*
42. 2024. Translation of in-clinic gains to gains in daily life. *Rehabilitation Institute of Southern Illinois, Virtual.*
43. 2024. Understanding and integrating the activity domain into everyday care. *Missouri Baptist Medical Center.*
44. 2024. Implementing the activity domain: enhancing care through goal setting and collaborative planning. *Academy of Neurologic Physical Therapy Annual Conference, Columbus, OH.*

45. 2024. Wild measurement: strategies to capture meaningful performance improvements from rehabilitation. *American Congress of Rehabilitation Medicine, Dallas, TX*.
46. 2025. Stroke Rehabilitation. *Washington University Resident Presentation, St. Louis, MO*.

RESEARCH SUPPORT

Past

2007	Predoctoral Clinical Research Training (RMI) T32RR023255 (Trainee, PI-Piccirillo)	100% Effort
This predoctoral project investigated the effect of restricted active range of motion throughout the upper extremity on hand function.		
2009-2011	“Model system for organized stroke rehabilitation” New Resource Proposal (Research Physical Therapist; PI-Lang) McDonnell Center for Systems Neuroscience	50% Effort
Pilot funds are provided to develop a model system of organized stroke rehabilitation across institutions and across the continuum of care.		
2009-2011	“Effects of movement context on hemiparetic grasping early after stroke” NIH R01 HD055964 (Research Physical Therapist; PI-Lang)	25% Effort
This project examines how various movement contexts affect the control and performance of grasping movements in people with stroke with the goal of determining optimal practice conditions for motor rehabilitation.		
1/12-6/15	“A Brain Recovery Core for measuring the efficacy of acute stroke care at BJH, WU and TRISL” Barnes Jewish Foundation (Coordinator; PI-Lang, Corbetta, Lee)	10% Effort
This project expands the Brain Recovery Core (BRC), a stroke outcome core, to evaluate the effectiveness of the BJH tissue-plasminogen activator (tPA) stroke protocol on 6-month outcomes. It also evaluates the economic impact of tPA use on healthcare utilization costs from a provider perspective.		
8/15-7/16	“Remote Limb Ischemic Conditioning to Enhance Performance and Learning” HealthSouth (Research Physical Therapist; PI-Lang)	5-20% Effort
There is a growing need for better rehabilitation for people with stroke. A promising option for improving rehabilitation is to prime the nervous system so that it is more responsive to behavioral training, i.e. the key active ingredient of stroke rehabilitation. This project will test if a priming method, remote limb ischemic conditioning, can enhance performance and learning in healthy adults. This is the first, necessary step in the process of translating a method developed in animal models to improved outcomes for people with stroke.		
7/15-10/16	“A multicenter, prospective, randomized, placebo-controlled, double-blind, parallel-group clinical trial to assess the efficacy and safety of immune globulin intravenous (human) flebogamma® 5% DIF in patients with Post-Polio Syndrome” EudraCT Number: 2013-004503-39/ Protocol Number: IG1104 (Research Physical Therapist; Site Physician-Wice)	5% Effort

<p>This is a phase II/III multi-center, prospective, randomized, placebo-controlled, double-blind, parallel-group clinical trial with an adaptive design (flexible group sequential design with adaptive dose selection) in subjects with Post-Polio Syndrome.</p>		
10/15-8/16	<p>“Harnessing neuroplasticity to enhance functional recovery in allogenic hand transplant and heterotopic hand replant recipients” DoD W81XWH-15-2-0037 (Co-I; PT: Frey)</p>	25% Effort
<p>This project seeks to develop, implement, and evaluate an innovative program of post-transplant and -replant rehabilitation of the hand.</p>		
9/13-8/18	<p>“Enhanced Medical Rehabilitation for older adults” R01 MH099011A1 (Co-Investigator; PI-Lenze)</p>	20% Effort
<p>This clinical trial will test the effectiveness of Enhanced Medical Rehabilitation, a higher-intensity and higher engagement form of physical and occupational therapy in the post-acute rehabilitation (skilled nursing facility) setting to improve functional recovery and reduce depressive symptoms in older adults.</p>		
04/16-03/22	<p>“Ischemic conditioning as a neurorecovery agent for stroke” R01 HD085930 (Research Coordinator; PI: Lang)</p>	10% Effort
<p>The central hypothesis is that the multifactorial mechanism of Remote Limb Ischemic Conditioning (RLIC) can be harnessed as a neurorecovery agent to enhance stroke rehabilitation and outcomes.</p>		
8/19-6/22	<p>“Core Set of Outcome Measures for Adults with Neurologic Conditions: Translating Evidence into Practice” (Co-PI)</p>	0% Effort/ funds supplies
<p>The goal of this project is to develop a knowledge translation toolkit for clinicians and academics to assist with dissemination and implementation of the Core Measures Clinical Practice Guideline.</p>		
7/21-6/23	<p>“Enhancing Physical Function after COVID-19 among the Underserved” (PI)</p>	2% Effort
<p>The overarching aim is to determine the benefits of individualized physical therapy (PT) treatment on physical function and quality of life among underserved individuals who had COVID-19.</p>		
10/18-5/24	<p>“Modified Application of Cardiac Rehabilitation (CR) for Older Adults (MACRO)” R01AG060499-01 (Consultant; PI: Lenze)</p>	5% Effort
<p>The goal of this project is to evaluate the impact of tailored cardiac rehabilitation to improve the process and outcomes of cardiac rehabilitation for older adults with cardiovascular disease.</p>		

Current

2/12-7/27+	“Translation of in-clinic gains to gains in daily life” R01/R37 HD068290 (Research Coordinator; PI: Lang)	18% Effort
This project will examine the discrepancy between capacity and performance, with the long-term goal of using the knowledge gained to develop new or modify current rehabilitation interventions that will improve performance in daily life. <i>The third cycle of this project has been chosen for funding as a MERIT award.</i>		
5/21-4/26	“Variation in early motor function in autism, cerebellar injury, and normal twins.” NIH R01MH123723 (Research PT; PI: Lang, Marrus and Limperopoulos)	20% Effort
This project deploys wearable-sensor methodology in infants to identify two critical neural liabilities contributing to the development of autism: hyperactivity and impairment in motor coordination. These liabilities result in high risk of developing autism, but cannot yet be reliably measured within the first year of life.		

BIBLIOGRAPHY

Peer-reviewed Papers

1. **Bland MD**, Beebe JA, Hardwick DD, Lang CE. (2008). Restricted active range of motion at the elbow, forearm, wrist, or fingers decreases hand function. *J Hand Ther.* 21(3):268-274.
2. Lang CE, **Bland MD**, Connor LT, Fucetola R, Whitson M, Edmiston J, Karr C, Sturmoski A, Baty J, Corbetta M. (2011). The brain recovery core: building a system of organized stroke rehabilitation and outcomes assessment across the continuum of care. *J Neurol Phys Ther.* 35(4):194-201.
3. **Bland MD**, Sturmoski A, Whitson M, Connor LT, Fucetola R, Huskey T, Corbetta M, Lang CE. (2012). Prediction of discharge walking ability from initial assessment in a stroke inpatient rehabilitation facility population. *Arch Phys Med Rehabil.* 93(8):1441-1447.
4. Lang CE, **Bland MD**, Bailey RR, Schaefer SY, Birkenmeier RL. (2013). Assessment of upper extremity impairment, function, and activity after stroke: foundations for clinical decision making. *J Hand Ther.* 26(2):104-114.
5. Aufman EL, **Bland MD**, Barco PP, Carr DB, Lang CE. (2013). Predictors of return to driving after stroke. *Am J Phys Med Rehabil.* 92(7):627-634.
6. **Bland MD**, Sturmoski A, Whitson M, Harris H, Connor LT, Fucetola R, Edmiston J, Huskey T, Carter A, Kramper M, Corbetta M, Lang CE. (2013). Clinician adherence to a standardized assessment battery across settings and disciplines in a post-stroke rehabilitation population. *Arch Phys Med Rehabil.* 94(6):1048-1053.
7. Lang CE, **Bland MD**, Cheng N, Corbetta M, Lee JM. (2014). A case control study of the effectiveness of tissue plasminogen activator on 6 month patient-reported outcomes and healthcare utilization. *J Stroke Cerebrovasc Dis.* 23(10):2914-2919.
8. **Bland MD**, Whitson MW, Harris H, Edmiston J, Connor LT, Fucetola R, Carter A, Corbetta M, Lang CE. (2015). A descriptive data analysis examining how standardized assessments are used to guide post-acute discharge recommendations for rehabilitation services after stroke. *Phys Ther.* 95(5):710-719.
9. Waddell KJ, Birkenmeier RL, **Bland MD**, Lang CE. (2016). An exploratory analysis of the self-reported goals of individuals with chronic upper-extremity paresis following stroke. *Disabil Rehabil.* 38(9): 853-7.

10. Lohse KR, **Bland MD**, Lang CE (2016). Quantifying change during outpatient stroke rehabilitation: A retrospective regression analysis. *Arch Phys Med Rehabil.* 97(9):1423-1430.
11. Lang CE, Strube M, **Bland MD**, Waddell KJ, Cherry-Allen K, Nudo R, Dromerick A, Birkenmeier RL. (2016). Dose-response of task-specific upper limb training in people at least 6 months post stroke: A Phase II, single-blind, randomized, controlled trial. *Annals of Neurology.* 80(3):342-354.
12. **Bland MD**, Birkenmeier, RL, Barco P, Lenard E, Lang CE, Lenze EJ. (2016). Enhanced medical rehabilitation: effectiveness of a clinical training model. *NeuroRehabilitation.* 39(4):481-498.
13. Lang CE, Waddell KJ, Klaesner JW, **Bland MD**. (2017). A method for quantifying upper limb performance in daily life using accelerometers. *J Vis Exp.* Apr 21;(122).
14. Lenze EJ, Barco PP, **Bland MD**. (2018). Depression and functional impairment: a pernicious pairing in older adults. *Am J Geriatr Psychiatry.* Jan 26(1):73-74.
15. Sutter EN, Mattlage AE, **Bland MD**, Cherry-Allen KM, Harrison E, Surkar SM, Gidday JM, Chen L, Hershey T, Lee JM, Lang, CE. (2019). Remote limb ischemic conditioning and motor learning: evaluation of factors influencing response in older adults. *Transl Stroke Res.* Aug;10(4):362-371.
16. Mattlage AE, Sutter EN, **Bland MD**, Surkar SM, Gidday JM, Lee JM, Hershey T, Chen L, Lang, CE. (2019). Dose of remote limb ischemic conditioning for enhancing learning in healthy young adults. *Exp Brain Res.* Jun;237(6):1493-1502.
17. Lenze EJ, Lenard E, **Bland MD**, Barco P, Miller JP, Yingling M, Lang CE, Morrow-Howell N, Baum C, Binder EF, Rodebaugh T. (2019). Effect of Enhanced Medical Rehabilitation on functional recovery in older adults receiving skilled nursing care after acute rehabilitation: A randomized clinical trial. *JAMA Netw Open.* July 3;2(7):e198199-e198199.
18. Surkar SM, **Bland MD**, Mattlage AE, Chen L, Gidday JM, Lee JM, Hershey T, Lang CE. (2020). Effects of remote limb ischemic conditioning on muscle strength in healthy young adults: A randomized controlled trial. *PLoS One.* 15(2):e0227263.
19. Holleran CL, **Bland MD**, Reisman DS, Ellis TD, Earhart GM, Lang CE. (2020). Day-to-day variability of walking performance measures in individuals poststroke and individuals with Parkinson disease. *J Neurol Phys Ther.* Oct;44(4): 241-247.
20. Lang CE, Barth J, Holleran C, Konrad J, **Bland MD**. (2020). Implementation of wearable sensing technology for movement: pushing forward into the routine physical rehabilitation care field. *Sensors (Basel).* Oct;20(20):5744.
21. **Bland MD**, Barco P, Lang CE, Lenard E, Kallmi S, Pennock S, Lenze EJ. (2021). Activity level and intensity of older adults in skilled nursing rehabilitation measured via actigraphy. *J Geriatr Phys Ther.* Jan/Mar 01:44(1):45-50.
22. **Bland MD**, Stevens A, Nellis P, Mueggenburg K, Yau T, Chen. (2021). Interprofessional education and transitions of care: a case-based educational pilot. *J Interprof Care.* May-Jun;35(3):482-486.
23. Ercal B, Rodebaugh T, **Bland M**, Barco P, Lenard E, Lang CE, Miller JM, Yingling M, Lenze EJ. (2021). Executive function moderates functional outcomes of engagement strategies during rehabilitation in older adults. *Am J Phys Med Rehabil.* Jul 1;100(7):635-642.
24. Lang CE, Waddell KJ, Barth J, Holleran CL, Strube MJ, **Bland MD**. (2021). Upper limb performance in daily life plateaus around three to six weeks post stroke. *Neurorehabil Neural Repair.* Oct;35(10):903-914.
25. Barth J, Lohse KR, Konrad JD, **Bland MD**, Lang CE. (2021) Sensor-based categorization of upper limb performance in daily life of persons with and without neurological upper limb deficits. *Frontiers in Rehabilitation Sciences, Special Issue on Technology*, Vol 2, doi=10.3389/freesc.2021.741393.
26. Barth J, Waddell KJ, **Bland MD**, Lang CE. (2021). Accuracy of an algorithm in predicting upper limb functional capacity in a United States population with first ever stroke. *Arch Phys Med Rehabil.* Jan;103(1):44-51.

27. Lang CE, Holleran CL, Strube MJ, Ellis TD, Newman CA, Fahey M, DeAngelis TR, Nordhal TJ, Reisman DS, Earhart GM, Lohse KR, **Bland MD**. (2022). Improvement in the capacity for activity vs. improvement in performance of activity in daily life during outpatient rehabilitation. *J Neurol Phys Ther*. Aug 4. doi: 10.1097/NPT.0000000000000413.
28. Holleran CL, **Bland MD**, Lang CE. (2023) Comprehensive assessment of the activity level of the ICF using both capacity and performance measures: A case report. *Arch Rehabil Res Clin Transl*.
29. Barth J, Lohse KR, **Bland MD**, Lang CE. (2023) Predicting later categories of upper limb activity from earlier clinical assessments following stroke: an exploratory analysis. *J Neuroeng Rehabil*. Feb21;20(1):24.
30. **Bland MD**, Holleran CL, Newman CA, Fahey M, Nordhal TJ, DeAngelis TR, Ellis TD, Reisman DS, Earhart GM, Lang CE. (2023). ICF classification of therapeutic goals for outpatient episodes of neurorehabilitation in post-stroke and Parkinson disease. *Disabil Rehabil*.doi: 10.1080/09638288.2023.2290201.
31. Lang CE, Hoyt CR, Konrad JD, Bell KR, Marrus N, **Bland MD**, Lohse KR, Miller AE. (2024). Referent data or investigations of upper limb accelerometry: harmonized data from three cohorts of typically-developing children. *Front Pediatr*. 12:1361757.
32. **Bland MD**, Moore JL, Anderl E, Eikenberry M, McCarthy A, Olivier GN, Rice T, Siles A, Zeleznik H, Romney W. (2024). Knowledge translation task force for core measures clinical practice guideline: a short report on the process and utilization. *Implement Sci Commun*. 5, 43. <https://doi.org/10.1186/s43058-024-00580-1>.
33. Miller AE, Lang CE, **Bland MD**, Lohse KR. (2024). Quantifying the effects of sleep on sensor-derived variables from upper limb accelerometry in people with and without upper limb impairment. *J Neuroeng Rehabi*. May 28;21(1):86. doi: 10.1186/s12984-024-01384-z.
34. Zeleznik H, Anderl E, Szot CL, Rice T, Siles A, Olivier GN, Eikenberry M, **Bland MD**, Romney W. (2025). Six-minute walk test (6MWT) reference distances by age and sex using a 12-meter Pathway. *Cardiopulm Phys Ther J*. ():1097/CPT.0000000000000287, March 21, 2025. | DOI: 10.1097/CPT.0000000000000287
35. Miller AE, Holleran CL, **Bland MD**, Fitzsimmons-Craft EE, Newman CA, Maddox TM, Lang CE. Perspectives of key stakeholders on integrating wearable sensor technology into rehabilitation care: a mixed-methods analysis. (2025). *Front Digit Health*. Apr 28;7:1534419. doi: 10.3389/fdgth.2025.1534419. PMID: 40357237; PMCID: PMC12066443.
36. Lohse KR, Miller AE, **Bland MD**, Lee JM, Lang CE. (2025). Association between real-world actigraphy and post-stroke motor recovery. *Stroke*. Apr 23. doi: 10.1161/STROKEAHA.124.050229. Epub ahead of print. PMID: 40267446.

Non peer-Reviewed Papers

1. Crowner B, **Bland MD**. (2016). Home Exercise Program. Compendium for Teaching Professional Level Physical Therapy Neurologic Content. *Academy of Neurologic Physical Therapy, American Physical Therapy Association*.
2. Crowner B, **Bland MD**. (2016). Intervention Assignment. Compendium for Teaching Professional Level Physical Therapy Neurologic Content. *Academy of Neurologic Physical Therapy, American Physical Therapy Association*.

Abstracts

1. Corso TD, Roy I, **Bland MD**, et al. (2003) In vivo gene transfection into rat brain cells: A comparison between viral, polyethyleneimine, and calcium phosphate nanoparticle methods. *American Chemical Society Abstracts*, 225th Meeting; Paper #603265.
2. Abilmona F, Celeste L, Buckley T, Gambino AS, Grill T, **Bland M**, Corso TD. (2004) Using multi-enzyme kinetics to predict the concentrations of endogenous toxins. *American Chemical Society Abstracts*, 227th Meeting; Paper #728221.

3. **Bland MD**, Beebe JA, Hardwick DD, Lang CE. (2008) Restricted active range of motion at the elbow, forearm, wrist, or fingers decreases hand function. *Washington University School of Medicine Research Symposium and Poster Session*.
4. **Bland MD**, Beebe JA, Hardwick DD, Lang CE. (2008) Restricted active range of motion at the elbow, forearm, wrist, or fingers decreases hand function. *APTA Combined Sections Meeting*.
5. **Bland MD**. (2010) Weighing the options: use of aquatic interventions to improve on-land balance. *APTA Combined Sections Meeting*.
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7. **Bland MD**, Sturmoski A, Whitson M, Harris H, Connor LT, Fucetola R, Edmaiston J, Huskey T, Carter A, Kramper M, Corbetta M, Lang CE. (2013). Clinician adherence to a standardized assessment battery across settings and disciplines in a post-stroke rehabilitation population. *APTA Combined Sections Meeting*.
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