

CURRICULUM VITAE
GREGORY W. HOLTZMAN, PT, DPT, SCS
July 2023

Contact Information:

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Present Position:

2020 – Present: Professor in Physical Therapy and Orthopedic Surgery Washington University School of Medicine

2020 – Present: Division Director of Clinical Practice

Education:

<u>Degree</u>	<u>Institution</u>	<u>Field/Major</u>	<u>Date</u>
BA	Emory University Atlanta, GA	Psychology / Political Science	1991-1995
MSPT	Washington University St. Louis, MO	Physical Therapy	1999-2001
DPT	Washington University St. Louis, MO	Physical Therapy	2002-2007

Academic Positions / Employment:

<u>Position</u>	<u>Institution/Facility</u>	<u>Dates</u>
Physical Therapist	The Rehabilitation Institute of St. Louis St. Louis, MO	2002-2004
Instructor	Washington University School of Medicine Program in Physical Therapy St. Louis, MO	2003-2007

Assistant Professor	Washington University School of Medicine Program in Physical Therapy St. Louis, MO	2007-2013
Associate Professor	Washington University School of Medicine Program in Physical Therapy St. Louis, MO	2013-Present
Professor	Washington University School of Medicine Program in Physical Therapy St. Louis, MO	2020-Present

Clinical Title and Responsibilities:

Program in Physical Therapy

Washington University Physical Therapy Clinics:

<i>Clinician</i>	2004-Present
<i>Director of the Running Clinic</i>	2011-Present
<i>Associate Director of the Clinical Practice</i>	2013-2020
<i>Division Director of the Clinical Practice</i>	2020-Present

Responsibilities: Manage an independent caseload of patients that present with a variety of orthopedic conditions. Specialize in the evaluation and treatment of movement faults and disorders that contribute to pain. Treat patients with post-operative musculoskeletal pain and limitation. Also evaluate and treat the injured runner (both competitive and recreational) using video technology. Management of the day-to-day operations of the Washington University Program in Physical Therapy Clinical Practice. Provide direct supervision to Clinic Managers at location of practice (@4240, 4444, O’Fallon, and Danforth). Specifically engage in marketing activities for the Practice as a whole and provide supervision to the providers on the Danforth campus.

Teaching Title and Responsibilities:

Washington University Program in Physical Therapy
Professional Clinical Doctorate (DPT) Curriculum (WUSM)

Movement and Precision Health M4A/M4B (703A.01/703B.01)
PCC/DMMP Co-coordinator: 2021-Present
Class Size: 97
Prevention, Diagnosis, and Management of Movement-Related Problems
M5 (710.01)
DMMP MSK Co-coordinator: 2022-Present

Diagnosis and Management of Musculoskeletal Conditions I (PT 614)
Course Assistant: 2005-2021
Class Size: 45-89

Diagnosis and Management of Musculoskeletal Conditions II (PT 624)
Unit Coordinator: Knee – 2009-2021
Class Size: 70-89

Diagnosis and Management of Musculoskeletal Conditions III (PT 635)
Course Coordinator: 2011-2020
Class Size: 70-89

Essential Skills II (PT 627)
Course Coordinator: 2016-2021
Course Assistant: 2003-2015
Class Size: 45-89

Neurology Medicine (PT 625)
Course Coordinator (PT): 2003-2005
Class Size: 80-100 (Includes OT students)

Alternative Skills and Practice Environments (PT 652)
Course Coordinator: 2004-2011
Class Size: 45-75

Professional Issues and Skill Development II (PT 615)
Course Coordinator: 2007-2013
Class Size: 65-80

Clinical Education (PT 691-PT 694)
Member of Clinical Education Team: 2007-2016
Class Size: 15-25 students per class were seen for advisement

Lecturer for selected courses for the Professional Clinical Doctorate Program

M5	2022-Present
M4A/B	2021-Present
Diagnosis and Management of Musculoskeletal Conditions II	2009-2021
Health, Fitness, and Prevention	2009-2023
Alternative Skills and Practice Environments	2011-2013
Case Integration III	2012-2023
Kinesiology II	2012-2021
Anatomy	2013-2021
Focus Study: Evaluation and Treatment of the Injured Runner	2013-2023

<i>Lab Assistant for selected courses for the Professional Clinical Doctorate Program</i>	
Prevention, Diagnosis, and Management of Complex Movement-Related Problems	2023-Present
Diagnosis and Management of Musculoskeletal Conditions I	2001-2021
Diagnosis and Management of Musculoskeletal Conditions II	2003-2021
Diagnosis and Management of Musculoskeletal Conditions III	2004-2022
Case Integration I/III	2004-2023
Kinesiology I/II	2012-2021

Washington University School of Medicine

Participation in courses for Washington University Medical Students / Residents	
Ambulatory Care Rounds	2006
Physical Medicine and Rehabilitation Rounds	2010
Source Testing for the Knee	2016
Evaluation and Treatment of the Injured Runner	2017-2022
Evaluation and Treatment of the Injured Runner with Lab	2022

Washington University Program in Occupational Therapy

Participation in course for Washington University OTD students “Introduction to Physical Agents”	2006-2019
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Continuing Education

Lab Assistant for continuing education courses:	2002-Present
Diagnosis and Treatment of Musculoskeletal Conditions Advanced Applications – Lower Quarter Advanced Applications – Upper Quarter	
Instructor for continuing education course:	2006-Present
Diagnosis and Treatment of Musculoskeletal Conditions: Introductory Course Advanced Application – Lower Quarter Advanced Application – Upper Quarter	

Clinical Education / Teaching

Clinical Instructor	2002-2003
The Rehabilitation Institute of St. Louis	
Early Clinical Experience Preceptor	2017-2020

Medical Licensure and Certification:

Physical Therapist	
Missouri Board of Registration for the Healing Arts License Number – 2002004659	2002-Present
American Physical Therapy Association Credentialed Clinical Instructor	2006-Present

Advanced Credentialed Clinical Instructor	2009-Present
Board Certified Sports Clinical Specialist	2015-Present

Honors and Awards:

Summa Cum Laude	1995
Emory University	
Outstanding Missouri Physical Therapy Student (Nominee)	2001
Washington University Program in Physical Therapy	
Guebert-Lake Scholarship Recipient	2000
Washington University Program in Physical Therapy	
Kathleen Dixon Book Scholarship Recipient	2000
Washington University Program in Physical Therapy	

Community Service Contributions:

Departmental and academic unit committees and activities

Washington University Program in Physical Therapy	
Program Innovation Council	2003-2004 2009-2010
Faculty Search Committee	2005-2009 2012-2014 2021-2023
Committee on Academic Evaluation of Students (CAES)	2003-2010
Technology in the Classroom Committee	2011-2014
Committee on Academic and Professional Evaluation of Student (CAPES)	2011-Present
Admissions Committee (Professional Curriculum)	2004-Present
Chair - Ad Hoc Marketing Committee	2013-2014
Program in Physical Therapy Curriculum Refresh Committees	
Domains and Competencies Writing Team	2019-Present
Architecture Team	2019-Present
Technology and Innovation Committee	2019-Present
Module 4 Build Team	2021-Present
Module 5 Build Team	2022-Present
Competency Attainment Committee (CAC)	2021-Present

Professional Societies and Organizations

American Physical Therapy Association	1999-Present
Orthopedic Section Member	2003-Present
Sports Section Member	2014-Present
Missouri State Delegate	2008-2013
Chief Delegate	2014-2017

Missouri Physical Therapy Association	2003-Present
Eastern District Nominating Committee	2004-2007
Chairperson	2006-2007
Board of Directors - Director	2017-2023
Membership Chair	2023-Present

Media

St. Louis Post Dispatch	
“Runners Adapt to Prevent Injuries”	2011
Runner’s World	
“Flex Benefits”	2014
St. Louis Magazine	
“Don’t Stop”	2010
“Run for (the Rest of) Your Life”	2015
“Hip...Hip...Hooray”	2016

Invited Presentations:

“Introduction of Physical Therapy for the Allied Health Professional”	
Missouri Society of Radiologic Technologists – 4 th District	2002
St. Louis, MO	
“Ultrasound and Therapeutic Laser”	2007
St. Louis Hand Therapy Society	
St. Louis, MO	
“Physical Therapist Assessment of Hip Disorders”	2012
7 th Annual Sports Medicine Update	
St. Louis, MO	
“A Movement System Approach to the Evaluation and Treatment of the Injured Runner”	2012
Eastern District Missouri Physical Therapy Association	
St. Louis, MO	
“The Injured Runner: Treatment Strategies for Recovery and Prevention”	2013
Midwest Distance Running: Coaching Summit	
St. Louis, MO	
“A Movement System Approach to the Evaluation and Treatment of the Injured Runner”	2014
Combined Sections Meeting	
Las Vegas, NC	

<p>“A Movement System Approach to the Evaluation and Treatment of the Injured Runner” Illinois PTA Association Belleville, IL</p>	2014
<p>“A Movement System Approach to the Evaluation and Treatment of the Injured Runner” Montana Physical Therapy Association State Meeting Whitefish, MT</p>	2015
<p>“A Movement System Approach to the Evaluation and Treatment of the Injured Runner” Halifax, Canada</p>	2015
<p>“Lower Quarter Movement System Impairment Syndromes for the Injured Runner” Montreal, Canada</p>	2017
<p>“A Movement System Approach to the Evaluation and Treatment of the Injured Runner” Middlebury, CT</p>	2018
<p>“Clinical Application of Current Technology in Physical Therapy Practice” Virtual Platform</p>	2020
<p>“A Movement System Impairment Approach to the Foot/Ankle and And the Injured Runner” UCLA, Virtual Course with Lab</p>	2022
<p>“ Building Authentic Bidirectional Academic-Clinical Partnerships: Is it even Possible?” APTA Education and Learning Conference Milwaukee, WI</p>	2022

Research:

<p>MPTA Grant – “Development and Testing of a Sitting Posture Monitoring and Alerting System” Principal Investigator – Barbara J. Norton, PT, PhD Grant Amount: \$5,000.00</p>	2008-2015
<p>Clinical Trial – “Spinal Control During Functional Activities to Improve Low Back Pain Outcomes” Principal Investigator – Linda VanDillen, PT, PhD NIH Grant #: R01 HD047709</p>	2013-2017

Total Costs: \$1,563,678

Responsibilities:

Development of treatment documentation

Treating therapist for motor control group

Bibliography:

Original, peer reviewed articles in referred journals:

1. Harris-Hayes M, **Holtzman GW**, Earley JA, Van Dillen, LR. Development and preliminary reliability testing of an assessment of patient independence in performing a treatment program: Standardized scenarios. *J Rehabil Med*, 42(3): 221-7, 2010.
2. **Holtzman GW**, Harris-Hayes M, Hoffman SL, Zou D, Edgeworth RA, Van Dillen LR. Clinical examination procedures to determine the effect of axial decompression on low back pain symptoms in people with chronic low back pain. *Journal of Orthopedic and Sports Physical Therapy*. 42(2): 105-113, 2012.
3. Van Dillen LR, Norton BJ, Sahrman SA, Harris-Hayes M, **Holtzman G**, Earley J, Strube MJ. Effects of classification specific treatment versus non specific treatment on low back pain related functional disability in people with chronic low back pain over a one year period. *International Society for Electromyography and Kinesiology*, Brisbane, AU; July 18-21, 2012, p.88.
4. Van Dillen LR, Norton BJ, Sahrman SA, Evanoff BA, Harris-Hayes M, **Holtzman GW**, Early J, Chou I, Strube, MJ. Efficacy of classification-specific treatment and adherence on outcomes in people with chronic low back pain. A one-year follow-up, prospective, randomized, controlled clinical trial. *Manual Therapy*. 24: 52-64, 2016.

Case Reports:

1. **Holtzman GW**, Harris-Hayes M. Treatment of patella alta with taping, exercise, mobilization, and functional activity modification: A Case Report. *Physiotherapy Theory and Practice*. 28(1): 71-83, 2012.
2. Creighton A, **Holtzman G**, Ziegler C, Prather H. Sacral pedical stress fracture in an adolescent competitive basketball and track and field athlete with prior femoral physeal injury: A case report. *PM&R*. 11(6): 657-660, 2019

Reviews, Chapters, and Editorials, including invited publications:

1. **Holtzman GW**, Harris-Hayes M. Staging System for Rehabilitation. In *Movement System Impairment Syndromes of the Extremities, Cervical, and Thoracic Spines*, (pp 35-50) St. Louis, 2011, Elsevier.

2. Harris-Hayes M, Cornbleet SL, **Holtzman GW**. Movement System Syndromes of the Knee. In *Movement System Impairment Syndromes of the Extremities, Cervical, and Thoracic Spines*, (pp 354-438) St. Louis, 2011, Elsevier.
3. Czuppon SL, Cornbleet SL, **Holtzman G**. Movement Systems Impairment Approach to Diagnosis and Treatment of Knee Pain. In *Physical Therapy Approaches to the Lower Quarter*. Academy of Orthopedic Physical Therapy, 2019.

Abstracts:

1. Norton BJ, Wong M, **Holtzman GW**. Asymmetry of postural alignment in the frontal plane associated with trunk lateral bending in standing and sitting. *Journal of Orthopedics and Sports Physical Therapy*. 2006; 36: A51-A52.
2. **Holtzman GW**, Wong M, Norton BJ. Postural alignment differences in 2 test positions: Erect standing and unsupported sitting. *Journal of Orthopedics and Sports Physical Therapy*. 2006; 36: A41-A42.
3. Klaesner JW, **Holtzman GW**, Norton BJ. Instrumented office chair for measuring posture during prolonged sitting. 2007; Biomedical Engineering Society (BMES) Annual Meeting.
4. Harris-Hayes M, **Holtzman GW**, Earley J, VanDillen LR. Intra- and inter-rater reliability of physical therapists to assess patient's independence in performing a treatment program: Simulated patient scenarios. 2008; APTA Combined Sections Meeting.
5. **Holtzman GW**, Harris-Hayes M. Conservative treatment for patella alta: A Case Study. 2008; APTA Combined Sections Meeting.
6. **Holtzman GW**, Harris-Hayes M, Van Dillen L. Clinical exam procedures for unloading the lumbar region: Effects in people with chronic low back pain. 2009; APTA Combined Sections Meeting.
7. Norton BJ, Vernon D, **Holtzman GW**, Klaesner J. Development of a sitting posture monitoring system. 2010; APTA Combined Sections Meeting.
8. **Holtzman GW**, Vernon D, Norton BJ. Differences in frontal plane back curvature related to side, test condition, and history of low back pain. 2010; APTA Combined Sections Meeting.