

Elizabeth Regan, PhD, DPT

eregan@mailbox.sc.edu
3317 Wheat Street Columbia, SC 29205
(704) 609-2409

EDUCATION

Doctoral Education	University of South Carolina; Columbia, SC. PhD in Exercise Science with a concentration in Rehabilitation (8/12016 - 5/2020)
	Elon University; Elon, NC. Doctor of Physical Therapy (DPT) (2003-2005)
Undergraduate	James Madison University; Harrisonburg, VA. BBA in Computer Information Systems, (1992-1996)

TEACHING EXPERIENCE

Course Development	Physical Therapy Program, University of South Carolina, Columbia, SC <ul style="list-style-type: none">EXSC 201 Foundations of Physical Therapy (undergraduate curriculum; distributed learning format)	
Co-Instructor	Physical Therapy Program, University of South Carolina; Columbia, SC <ul style="list-style-type: none">PHYT 777 Health Promotion and Wellness in Physical Therapy (Summer 2018, Summer 2019)	
Guest Lecturer	Physical Therapy Program, University of South Carolina; Columbia, SC <ul style="list-style-type: none">Relaxation Techniques for PHYT 759: Therapeutic Exercise (Fall 2019)Psychosocial Aspects of Patient Care for PHYT 720: Fundamentals of Physical Therapy (Spring 2017, Spring 2018)Principles of Intervention for PHYT 145: Therapeutic Exercise (Fall 2017)Running Gait Evaluation for PHYT 145 Therapeutic Exercise (Fall 2015)	
Instructor of record	Physical Therapist Assistant Program, Central Piedmont Community College; Charlotte, NC <ul style="list-style-type: none">Therapeutic Procedures (Spring 2016) <td>Doctor of Physical Therapy Program, Wingate University; Wingate, NC<ul style="list-style-type: none">Clinical Practice I (Spring 2014)Clinical Practice II (Fall 2014)Clinical Internship I (Spring 2015)</td>	Doctor of Physical Therapy Program, Wingate University; Wingate, NC <ul style="list-style-type: none">Clinical Practice I (Spring 2014)Clinical Practice II (Fall 2014)Clinical Internship I (Spring 2015)
Mentoring	Physical Therapy Program, University of South Carolina; Columbia, SC <ul style="list-style-type: none">Research mentor to DPT student research projects (Spring 2018-present)	

ACADEMIC EMPLOYMENT

Graduate Teaching Assistant	University of South Carolina, Columbia SC 2018-2019 <ul style="list-style-type: none">• Translate an existing undergraduate introductory course in physical therapy into a completely on-line distributed learning format including syllabus, course schedule, course assignments and course video and lecture materials.
Director of Clinical Education / Assistant Professor	Wingate University; Wingate, NC 2013-2015 <ul style="list-style-type: none">• Create the clinical education program for a new graduate program in physical therapy. Includes contracting, relationship building with more than 100 clinic partners across practice settings.• Build policy, procedure and application documents for initial accreditation status for the physical therapy program.• Teach clinical practice skills in the first year of the curriculum with course planning, teaching, testing and evaluation of first year students.• Manage more than 40 students during their clinical internships. Includes coordinating evaluation between clinical instructors and students, managing performance and conflict and tracking student productivity and patient care.

CLINICAL EMPLOYMENT

Physical Therapist (Part-time PRN)	Vertex Physical Therapy Specialists; Columbia, SC (2017-current) <ul style="list-style-type: none">• Evaluate and treat a variety of orthopedic and neurological conditions in age ranges varying from adolescent to geriatric in private practice setting.
Physical Therapist / Yoga Therapist	Roper Physical Therapy; Charlotte, NC (2015-2017) <ul style="list-style-type: none">• Evaluate and treat a variety of orthopedic and neurological conditions in age ranges varying from adolescent to geriatric in private practice setting.• Create individualized and group yoga programs for practice patients and those with ongoing movement dysfunction.
Physical Therapist	Novant Health Presbyterian Rehabilitation Center; Matthews, NC (2009-2013) <ul style="list-style-type: none">• Evaluate and treat a variety of orthopedic and neurological conditions in age ranges varying from pediatric to geriatric in outpatient setting.• Manage doctorate student interns as clinical instructor.• Perform community education outreach at the hospital and local community centers.
Physical Therapist	Carolina Neurosurgery and Spine Associates; Charlotte, NC (2006-2009) <ul style="list-style-type: none">• Evaluate and treat a variety of orthopedic conditions, specializing in spine disorders and post-surgical spine cases in an outpatient setting.• Consult with other physical therapists, physicians and physicians assistants regarding individual patient care for a team oriented approach to patient management.• Coordinate and supervise clinical care of a physical therapist assistant.
Business/Systems Analyst	Bank of America; Charlotte, NC (2001-2002) Seurat Company; Charlotte, NC (2000-2001) American Management Systems; Charlotte, NC (1997-2000)

AWARDS AND GRANTS

- Presidential Fellowship Recipient, University of South Carolina; Columbia, SC (8/2016 - 5/2020). \$8,000/year for 4 years. Role: Fellow
- NIH T-32 Pre-doctoral research training grant, Behavioral-Biomedical Interface Program, University of South Carolina. (8/2016 - 8/2018). \$22,920/ year for 2 years. Role: Trainee
- Component Grants for Physical Activity, Exercise and Health Promotion. American Physical Therapy Association. *The NExT (Neurological Exercise Training) Step in Promoting Healthy Lifestyles after Stroke*. (12/2017 - 11/2018). \$10,000. Role: Co-Investigator
- American Physical Therapy Association Health Policy and Administration Section Research Grant. *Integrating Stroke Survivors into Cardiac Rehabilitation*. (5/2018 - 5/2020). \$15,000. Role: Primary Investigator
- Adopt-a-Doc Award. Academy of Physical Therapy Education. American Physical Therapy Association. (1/2019). \$3,000. Role: Recipient
- American Heart Association Pre-Doctoral Grant. *Integrating Stroke Survivors into Cardiac Rehabilitation*. (1/2019 - 12/2020). \$26,844/year for 2 years. Role: Trainee.
- Support to Promote Advancement and Creativity (SPARC) Grant, Office of the Vice President of Research. University of South Carolina. *Integrating Stroke Survivors into Cardiac Rehabilitation*. (4/2019 - 5/2020). \$5,000. Role: Primary Investigator
- Breakthrough Scholar Award. University of South Carolina 2020.
- Doctoral Student Achievement Award, Arnold School of Public Health, University of South Carolina 2020.
- American Kinesiology Association Doctoral Scholar Award, University of South Carolina 2020.

PUBLICATIONS

1. **Regan EW**, Wende, M, Blake C, Fritz SL. Yoga for Everyone: A Qualitative Study of a Community Yoga Class for People with Disability. *Physiotherapy Theory and Practice Journal*. 2020.
2. **Regan E**, Middleton A, Stewart JC, Wilcox S, Pearson JL, Fritz SL. The Six-Minute Walk Test as a Fall Risk Screening Tool in Community Programs for Persons with Stroke: A Cross-Sectional Analysis. *Topics in Stroke Rehabilitation*. 2019.
3. **Regan EW**, Handlery R, Beets MW, Fritz SL. Are Aerobic Programs Similar in Design to Cardiac Rehabilitation Beneficial for Survivors of Stroke? A Systematic Review and Meta Analysis. *Journal of the American Heart Association*. 2019.
4. Bujak BK, **Regan E**, Beattie PF, Harrington S. The effectiveness of interdisciplinary intensive outpatient programs in a population with diverse chronic pain conditions: a systematic review and meta-analysis. *Pain Management*. 2019.
5. **Regan E**, Handlery R, Liuzzo D, Stewart JC, Burke A, Hainline G, Horn C, Keown J, McManus A, Lawless B, Purcell M, Fritz S. The Neurological Exercise Training (NExT) Program: A Pilot Study of a Community Exercise for Survivors of Stroke. *Disability and Health Journal*. 2019.
6. **Regan EW**, Fritz SL. Commentary on: Considerations for the selection of time-limited walk tests post-stroke: A systematic review of test protocols and measurement properties. *Journal of Neurologic Physical Therapy*. 2016

PUBLICATIONS SUBMITTED

1. **Regan, EW**, Handlery R, Stewart JC, Pearson JL, Wilcox S, Fritz SL. Integrating Survivors of Stroke into Cardiac Rehabilitation Improves Endurance and Functional Strength. *Journal of the*

American Heart Association. Submitted 5/2020.

RESEARCH PRESENTATIONS

1. **Regan, E**, Wilcox S, Stewart JC, Pearson JL, Fritz SL. Integrating Stroke Survivors into Cardiac Rehabilitation: Exploring Effectiveness, Feasibility, Physical Therapist Involvement and Policy Implications. (2020). Combined Sections Meeting of the American Physical Therapy Association. Denver, CO. Accepted for Platform Presentation.
2. **Salerno J**, **Bendziewicz SE**, **McMillan M**, **Regan E**, Tow S, Harrington S. Injury Prevention in Paraswimming. (2020). Combined Sections Meeting of the American Physical Therapy Association. Denver, CO. Accepted for Platform Presentation
3. **Regan, E**, Fritz, SL. The Six-Minute Walk Test as a Predictor for Fall Risk in Persons with Stroke. International Stroke Conference. Honolulu, HI. February 2019. Poster Presentation.
4. **Regan E**, Handlery R, Beets M, Fritz, S. Are Aerobic Programs Similar to Cardiac Rehabilitation Beneficial for Stroke Survivors Aerobic Capacity? A Systematic Review and Meta-Analysis. American Physical Therapy Association Combined Sections Conference. Washington, DC. January 2019. Poster Presentation.
5. Wende M, **Regan E**. Yoga for Everyone: A qualitative study of a community yoga class for people with disability. USC Discovery Day, Columbia SC. 2018. Poster Presentation.
6. **Regan E**, Fridriksson J, Schaefer S, Rorden C, Boniha L, VanGlider J, Stewart JC. Neural correlates of within session changes on a simulated feeding task in individuals with mild motor impairment after stroke. American Society of Neurorehabilitation Annual Conference. Baltimore, MD November 2017. Poster Presentation.
7. **Regan E**, Merlo A, **Fritz SL**. Determine Responders vs. Non-Responders using the Six-Minute Walk Test to Measure Endurance after Intensive Therapy for Individuals with Post-Stroke Limitations. World PT Conference, Cape Town South Africa. July 2017. Poster Presentation.
8. **Regan E**, **Kline J**. Overcoming Fear of Feedback: Engaging for Improved Performance and Relationships. SCAPTA Spring Meeting, Asheville, NC. March 2015. Education Session.
9. **Regan E**, **Roper C**, **Ray L**. Medical Therapeutic Yoga for Lower Extremity Dysfunction. NCPTA Fall Meeting, Greensboro, NC. October 2016. Education Session.
10. **Regan E**, **Kline J**. Overcoming Fear of Feedback: Engaging for Improved Performance and Relationships. NCPTA Fall Meeting, Asheville, NC. October 2015. Education Session.
11. **Regan E**, **Swiggum M**. From the Crying Infant to the Anxious Adult: Strategies to Decrease Behavioral Distress During Physical Therapy Interventions. APTA NEXT Conference, Charlotte, NC. June 2014. Education Session.
12. **Regan E**. Addressing Stress and Anxiety in Patients. NCPTA Fall Meeting, Asheville, NC. October 2014. Education Session.

PROFESSIONAL ASSOCIATIONS

- American Physical Therapy Association, Member since 2013
 - Sections: Orthopedics, Neurology, Education, and Health Policy and Administration
- South Carolina Physical Therapy Association, Member 2017-present
- North Carolina Physical Therapy Association, Member 2013-2017
 - Piedmont District Chair 2015-2017

REVIEWER FOR JOURNALS

- *PLOS One*, assisting mentor Stacy Fritz, August 2019.

- *Journal of Geriatric Physical Therapy*, assisting mentor Stacy Fritz, Sept 2016, February 2017, July 2018.
- *Journal of Neurologic Physical Therapy*, assisting mentor Stacy Fritz, August 2017.
- *Journal of Gerontology*, assisting mentor Stacy Fritz, November 2016.

PROFESSIONAL AND UNIVERSITY SERVICE

Professional

- Research Committee, Health Policy and Administration Section, American Physical Therapy Association 2019-present
- Clinical provider of physical therapy services, Matthews Free Medical Clinic, Matthews, NC 2013-2017
- Member of the APTA Neurology Academy's Health Promotion and Wellness Task Force 2016-2017
- International PT Service Learning Mission Trip to Dominican Republic, August 2015

University

- DPT Admissions Committee, Physical Therapy Program, University of South Carolina, Columbia, SC Fall 2016-present
- DPT Accreditation Committee, Physical Therapy Program, University of South Carolina, Columbia, SC Fall 2016-2018
- Faculty Search Committee Member, Physical Therapy Program, University of South Carolina, Columbia, SC Fall 2017-Spring 2018
- Instructor for Gateway Freshmen Seminar (1 credit course) Wingate University, Wingate, NC Fall 2013 and Fall 2014
- Faculty Search Committee Member, Physical Therapy Program, Wingate University, Wingate, NC 2013-2014
- Policies and Procedures Committee (Chair), Physical Therapy Program, Wingate University, Wingate, NC 2013-2015
- Clinical Education Committee (Chair), Physical Therapy Program, Wingate University, Wingate, NC 2013-2015

INVITED PRESENTATIONS AND LECTURES

- Exercise, Health and Wellness Presentation. Leap of Faith Conference. Operation Support Our Troops America. Fayetteville, NC. Bi-annually, 2013-present
- Falls and Falls Prevention. Breathe Easier Club for Lung Cancer Survivors and their Caregivers. Leeza's Care Connection. Columbia, SC. October 2018.

PROFESSIONAL LICENSURE AND CERTIFICATIONS

- State of South Carolina Licensed Physical Therapist, #8515, 2017-present
- State of North Carolina Licensed Physical Therapist, #P10423, 2006- present
- Orthopedic Certified Specialist, American Board of Physical Therapy Specialties, APTA; 2008-present