

CURRICULUM VITAE

Deborah A. Josbeno, PT, PhD, NCS, CSCS

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University of Pittsburgh, Department of Physical Therapy, School of Health and Rehabilitation Sciences, Pittsburgh, PA

Education:

- 1981-1985 Daemen College, Amherst, NY
Department of Physical Therapy
Bachelor of Science, Physical Therapy, 1985
- 1993-1996 University of Pittsburgh, Pittsburgh, PA
Department of physical Therapy
Master of Physical Therapy, 1996
- 2006-2009 University of Pittsburgh, Pittsburgh, PA
Department of Health and Physical Activity
Doctor of Philosophy, Exercise Physiology, 2009

Licensure Information/Registration Number:

1985-present Licensed to practice as Physical Therapist in the Commonwealth of Pennsylvania, PT-001425-E

Certifications:

SPECIALTY CERTIFICATION:

- 2015-present LSTV BIG
- 2008-2018 Recertified as ABPTS Clinical Specialist in Neurologic Physical Therapy
- 1999-2008 American Board of Physical Therapy Specialties (ABPTS), Clinical Specialist in Neurologic Physical Therapy

ADDITIONAL CERTIFICATIONS:

- 2015 Certified in CPR and AED, Basic Life Support, American Heart Association
- 2015-2018 Recertified as NSCA Certified Strength and Conditioning Specialist
- 2012-2015 Recertified as NSCA Certified Strength and Conditioning Specialist

2009-2012 Recertified as NSCA Certified Strength and Conditioning Specialist
2006-2009 Recertified as NSCA Certified Strength and Conditioning Specialist
2003-2006 NSCA Certification Commission, Certified Strength and Conditioning Specialist
2001 Credentialed APTA Clinical Instructor
1989 Bobath Adult Hemiplegia 3 week Certification Course
1987 Proprioceptive Neuromuscular Facilitation Techniques 6-month Certification Course

Employment and Positions Held:

ACADEMIC:

2007-present Instructor and Assistant Professor, University of Pittsburgh
School of Health and Rehabilitation Sciences
Department of Physical Therapy
2003-2007 Visiting Instructor, University of Pittsburgh
School of Health and Rehabilitation Sciences
Department of Physical Therapy
2003-1997 Adjunct Instructor, University of Pittsburgh
School of Health and Rehabilitation Sciences
Department of Physical Therapy

NON-ACADEMIC:

1999-2003 Staff Physical Therapist
UPMC- Rehabilitation Hospital, Pittsburgh, PA
1997-1999 Assistant Coordinator, Neurologic, Geriatric and Women's Health Physical
Therapy
Centers for Rehab Services, Pittsburgh, Pa
1993-1997 Senior Clinician of Motor Control
Outpatient Physical Therapy Department,
Harmarville Rehabilitation Center, Pittsburgh, Pa
1993-1992 Supervising Neuromuscular Reeducation Therapist
Center for Motor Control
Harmarville Rehabilitation Center, Pittsburgh, Pa

1989-1992 Neuromuscular Reeducation Therapist
Center for Motor Control
Harmarville Rehabilitation Center, Pittsburgh, Pa

1987-1989 Senior Clinician of Neurology
Harmarville Rehabilitation Center, Pittsburgh, Pa

1985-1987 Staff Physical Therapist
Harmarville Rehabilitation Center, Pittsburgh, Pa

Peer Reviewed Publications:

Dunn MA, **Josbeno DA**, Schmotzer AR, Tevar AD, DiMartini AF, Landsittel DP, Delitto A. The gap between clinically assessed physical performance and objective physical activity in liver transplant candidates. Liver Transpl. 2016 [Epub ahead of print].

Delitto A, Piva SR, Moore CG, Fritz JM, Wisniewski SR, **Josbeno DA**, Fye M, Welch WC. Surgery versus nonsurgical treatment of lumbar spinal stenosis: a randomized trial. Ann Intern Med. 2015 Apr 7;162(7):465-73.

Piva SR, Susko AM, Khoja SS. **Josbeno DA**, Fitzgerald GK, Toledo FGS. Links Between Osteoarthritis and Diabetes: Implications for Management from a Physical Activity Perspective. Clinics in Geriatric Medicine. 2015 31(1):67-87

Khoja SS, Susko AM, **Josbeno DA**, Piva SR, Fitzgerald GK. Comparing physical activity programs for managing osteoarthritis in overweight or obese patients. J Comp Eff Res. 2014 May;3(3):283-99

Kalarchian MA, Marcus MD, Courcoulas AP, Cheng Y, Levine MD, **Josbeno D**. Optimizing long-term weight control after bariatric surgery: a pilot study. Surg Obes Relat Dis. 2012 (6):710-5.

Josbeno DA, Kalarchian M, Sparto PJ, Otto AD, Jakicic JM. Physical Activity and Physical Function in Individuals Post-bariatric Surgery Obes Surg. 2011 (8):1243-9.

Josbeno DA, Jakicic JM, Hergenroeder AL, Eid GM. Physical Activity and Physical Function Changes in Obese Individuals following Gastric Bypass Surgery. Surg Obes Relat Dis. 2010 (4):361-6.

Published Abstracts of Peer Reviewed Presentations:

Dunn MA, **Josbeno, DA**, Schmotzer AR, Landsittel, DP, Delitto A. The Gap Between Assessed Physical Capacity and Actual Activity in Advanced Cirrhosis. AASLD Annual Meeting, San Francisco, CA, Nov. 2015

Dunn MA, **Josbeno, DA**, Sturdevant ML, Kallenborn EA, Behari J, Paliwal Y, Landsittel, DP, Dimartini AF, Delitto A. The Impact of Deconditioning in Advanced Cirrhosis, AASLD Annual Meeting, Boston, MA, Nov. 2014

Josbeno, DA, Kalarchian, M, Staub, D, Jakicic, JM, "Self- Reported and Performance-Based Physical Function in Obese Women". Poster presentation, APTA Annual Conference, Baltimore, MD, 2011.

Josbeno, DA, Jakicic, JM, Kalarchian, M, Sparto, PJ, Otto, A, "The Relationship Between Physical Activity and Physical Function in Individuals Post- Bariatric Surgery". Platform presentation, Combined Sections Meeting, APTA, San Diego, Cal. February, 2010.

Sathe, G, Hergenroeder AL, **Josbeno DA**, Niyonkuru C, Sowa GA. Barriers to Exercise in Chronic Lower Back Pain, PM&R, 2010.

Josbeno DA, Jakicic JM., Hergenroeder AL, Eid GM, "Physical Activity and Physical Function Changes in Obese Individuals Following Gastric Bypass Surgery". Plenary Presentation at The American Society for Metabolic and Bariatric Surgery (ASMBS), Washington, D.C. June, 2008.

Josbeno, DA, Pradhan, S, Delitto, A, VanSwearingen, J., "Energy Cost of Abnormal Walking for Individuals with Mild to Moderate Parkinson's Disease". Poster presentation, Combined Sections Meeting, APTA, Nashville, Tenn. February, 2008

Josbeno, DA, Pradhan, S, VanSwearingen, J., Delitto, A, "Lower and Upper Extremity task performance and Physical Function in Individuals with Parkinson's Combined Sections Meeting, APTA, Boston, MA Feb. 2007

Sparto PJ, **Josbeno DA**, Jourjy J, VanSwearingen J. "Constraint-Induced Therapy for Rehabilitation of Upper Extremity Function in an Individual 12 Years after a Traumatic Brain Injury". Poster presentation, APTA Combined Sections Meeting, New Orleans, Feb. 2000

Non-Peer Reviewed Publications:

Bret H. Goodpaster, **Josbeno, DA**, Exercise Physiology in Adult Obesity: Muscle Function and Mobility. In Hansen, D (Ed) Exercise Therapy in Adult Individuals with Obesity, Nova Science Publishers, Inc New York, 2013

Josbeno, DA, Physical Activity, Exercise and the Holidays". UPMC Bariatric Surgery Newsletter, issue 03, Fall/Winter

Josbeno, DA, Panel discussion on how PTs can help patients become more conscious of fighting obesity and what they feel can make a difference in curbing this growing problem. *ADVANCE*, Monitoring Clinical Responses to Exercise: Contraindications and Termination Points, Centers for Rehab Services, Regional Continuing Education Series, 2005

Non-Peer Reviewed Presentations:

Josbeno DA, and Dinga, M “Physical Activity and Nutrition: Everyone can Benefit”. Magnet Fair Symposium, UPMC, 2016

Josbeno DA, “Physical Activity and Physical Function after Bariatric Surgery”. CAPTA Research Symposium, “Interrelationship Between Mind, Body, and Physical Functioning”. Southwestern School of Health Profession, 2011

Josbeno DA, “Physical Activity and Physical Function after Bariatric Surgery”. The Minimally Invasive Bariatric and General Surgery (MIBGS) Division, UPMC Magee Hospital, 2011

Josbeno DA, “Physical Function Considerations: What are the Benefits of Bariatric Surgery”? University of Pittsburgh Obesity and Nutrition Research Center and the Department of Health and Physical Activity Symposium: Bariatric Surgery: Weight Loss, Metabolic Adaptations, and Physical Activity Considerations, 2009

Josbeno, DA, Brandfass, KG “Reviewing Basic Principles” Southwest District meeting of PA, 1997

Funded/In Review Grant Activity:

Pitt/UPMC Rehabilitation Institute Pilot Grant Funding, \$28,000, 2014

P30 Pilot and Feasibility grant from the NIH-Funded Obesity and Nutrition, Research Center at the University of Pittsburgh, \$ 25,000, 2009

School of Education, Student Research Grant Award, \$1,500, 2009

School of Health and Rehabilitation Sciences Research Development Fund, \$1,000, 2008

Research Activity:

2014-2015 Pitt/UPMC Rehabilitation Institute Pilot Grant Funding “Quantifying Physical Activity in Liver Transplant Candidates” Role Principal Investigator

2011-2015 R01 NS074343: Exploratory study of different doses of endurance exercise in people with Parkinson disease. Role: Project Coordinator and Co-investigator, PIs: M. Schenkman and D. Corcos

2009-2010 P30 Pilot and Feasibility grant from the NIH-Funded Obesity and Nutrition Research Center at the University of Pittsburgh Self-Reported and Performance-Based: Physical Function in Obese Women. Role: Principal Investigator

2008-2009 The Relationship Between Physical Activity, Physical Function and Psychosocial Variables in Individuals Post-Bariatric Surgery. Role: Principal Investigator

- 2008 The Relationship between Physical Activity, Physical Performance and Psychosocial Variables in Individuals s/p Gastric Bypass Surgery. Role: Principal Investigator
- 2007-2010 R03-DK078562 Behavioral Intervention for Failure after Bariatric Surgery: Optimizing Long-term Weight Control. Role: Research Assistant, PIs: M. Kalarchian, A. Courcoulas
- 2005-2007 R01- AR45622 Randomized Clinical Trial of Treatment for Lumbar Spinal Stenosis. Role: Project Coordinator, PI: A. Delitto
- 2004-2006 Skilled Acquisition Exercises for Individuals with Parkinson's disease: A Pilot Study. Role: Project Coordinator, PI: A. Delitto

Continuing Education Workshops Organized:

- 1990 Proprioceptive Neuromuscular Facilitation: Functional Integration of the Trunk Harmarville Rehabilitation Center, Pittsburgh, PA
- 1990 Proprioceptive Neuromuscular Facilitation: Introduction to Pre-gait and Gait Activities. Harmarville Rehabilitation Center, Pittsburgh, PA

Membership in Scientific/Professional Organizations:

- 1993-present Member of the American Physical Therapy Association
- 1993-present Neurology Section Member of the American Physical Therapy Association
- 2008-2014 Member of the American Society for Metabolic and Bariatric Surgery
- 2011-present Cardiovascular and Pulmonary Section Member of the American Physical Therapy Association
- 2006-2011 Member of the American College of Sports Medicine
- 2000-2005 Research Section Member of the American Physical Therapy Association
- 1998-2000 Women's Health Section Member of the American Physical Therapy Association

Consultative and Advisory Positions Held:

2010 Advisory council, WISDOM (Worldwide Information on Services for Disabilities Opportunities & Mechanisms).

Community Service:

2012 Presentation "Exercise and Parkinson's disease". National Parkinson's Foundation (Western PA Chapter)

2012 Volunteer, Davis Phinney Foundation, Victory Summit Symposium, Pittsburgh, PA

2012 Presentation "Increasing physical Activity after Bariatric Surgery". Longitudinal Assessment of Bariatric Surgery Study (LABS)- Retention Event

2011 PT Department Representative for "Healthy U" Program to Promote Healthy Lifestyles for Students at the University of Pittsburgh

2010 PT Department Coordinator for UPMC Health Plan Weight Race

2010 PT Department Coordinator for UPMC Health Plan "Healthy Living Experience" Wellness Fair for the University of Pittsburgh

2010 Presented Workshop "Tips for Getting More Active and Strategies for Starting a Walking Program" for UPMC Health Plan

2008 Presented "Skill Acquisition Exercises for Individuals with Parkinson's disease: A Pilot Study," National Parkinson's Foundation (Western PA Chapter)

2007 Presented Workshop "All Call for ACTION-Strategies for Starting a Walking Program", Mascaro Construction INC

2005 Presentation "Skill Acquisition Exercise and Neuroprotection in Parkinson's disease". National Parkinson's Foundation (Arizona Chapter)

2000 Presented "Fitness for Everyone" Brain Injury Support Group of PA, Pittsburgh, PA

1999 Presented "Physical Therapy for Stress and Urge Incontinence". MS Society Support Group, Pittsburgh, PA

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

- 2014-present Senate Committee for Elections representative
- 2013-present Manuscript reviewer for Journal of Obesity
- 2013-present Judge for Rehabilitation Institute Research Day, Abstracts for undergraduate students, pre-doctor/medical students and post-doctoral fellow/resident awards
- 2012-2013 Co-chairperson, Development and Implementation of the Department of Physical Therapy website
- 2011-present Chairperson, Department of Physical Therapy DPT Professionalism Ad Hoc Committee
- 2010-present Specialization Academy of Content Experts (SACE): Item writer for the neurologic specialty area
- 2010-present Manuscript reviewer for Archives of Rehabilitative Medicine Journal
- 2010-present Manuscript reviewer for Surgery for Obesity and Related Diseases Journal
- 2009 Chairperson, Nominating Committee Pennsylvania Physical Therapy Association Southwest District
- 2009-2007 Nominating Committee Pennsylvania Physical Therapy Association Southwest District
- 2007-present Manuscript reviewer for Archives of Physical Medicine and Rehabilitation
- 1997-2002 Education Committee Pennsylvania Physical Therapy Association Southwest District

Honors and Awards:

- 2015 School of Health and Rehabilitation Sciences Dean's Distinguished Teaching Award
- 2009 School of Education, Student Research Grant Award
- 2008 School of Health and Rehabilitation Sciences Research Development Fund

Continuing Education Attended:

- 2016: *IV Step- Prevention, Prediction, Plasticity and Participation*, Columbus, OH(hosted by the Academies of Pediatric and Neurologic Physical Therapy, American Physical Therapy Association)
- 2015 *Psychological Informed Physical Therapy Practice: Pragmatic Application*, Presenters: J. Beneciuk, PT, PhD, S. George, PT, PhD and C. Greco, PhD, Pittsburgh, Pa
- 2015 LSVT BIG, Training and Certification Workshop, Pittsburgh Pa
- 2015 Combined Sections Meeting of the American Physical Therapy Association, Indianapolis, IN
- 2014 Medical Screening: The Sherlock Holmes Approach, Presenter: William Boissonnault, PT, DPT, DHSc, FAAOMPT, FAPTA, Pittsburgh, Pa
- 2014 Innovations for Transformation of Physical Therapy Practice, Presenter: Pamela W. Duncan, PhD, PT, FAPTH, FAHA, Pittsburgh, Pa
- 2014 Combined Sections Meeting of the American Physical Therapy Association Las Vegas, NV
- 2013 PT 2013 Annual Conference & Exposition of the APTA, Salt Lake City, Utah,
- 2012 Combined Sections Meeting of the American Physical Therapy Association Chicago, IL
- 2011 PT 2011 Annual Conference & Exposition of the APTA, National Harbor, MD
- 2011 Combined Sections Meeting of the American Physical Therapy Association New Orleans, La
- 2009 PT 2009 Annual Conference & Exposition of the APTA, Baltimore, MD
- 2008 PT 2008 Annual Conference & Exposition of the APTA, San Antonio, TX
- 2008 Combined Sections Meeting of the American Physical Therapy Association Nashville, Tenn.
- 2005 *III Step- Conference, Linking Movement, Science and Intervention*, Salt Lake City, 2005 (hosted by the Academies of Pediatric and Neurologic Physical Therapy, American Physical Therapy Association)

Current Teaching Responsibilities in the Entry-level Physical Therapy Program:

1999-Present Course Coordinator for PT 2061: Neuromuscular PT I

- 3 credit course in one academic term
- Doctor of Physical Therapy students averaging 55 students per class
This is the first course in a 3-part series that introduces students to basic neurological rehabilitation principles. The focus is on developing a framework for clinical decision making that will provide a foundation for patient/client management. This course is intended to provide students with the knowledge and understanding of human movement and function throughout the neuromuscular system.

1999-Present Course Coordinator for PT 2062: Neuromuscular PT II

- 5 credit course in one academic term
- Doctor of Physical Therapy students averaging 55 students per class
- This course is the second course in the Neuromuscular PT sequence. It includes an overview of specific adult neurological diseases (i.e., stroke, traumatic brain injury, multiple sclerosis, and Parkinson's disease) and is designed to define key steps in the patient/client management process including the etiology, pathophysiology, and clinical manifestations of specific neurologic diagnoses. The medical management and framework for rehabilitation is discussed in detail throughout this course. An emphasis is placed on the management of patients in terms of interventions that will optimize mobility, function, and participation in daily life.

2000--Present Course Coordinator for PT 2063: Neuromuscular PT III

- 3 credit course in one academic term
- Doctor of Physical Therapy students averaging 55 students per class
- This course is a continuation of PT 2061 and PT 2062 focusing on the management of adult neurological diseases (i.e. spinal cord injury and amyotrophic lateral sclerosis) and the assessment and management of balance and vestibular disorders. The medical management and framework for rehabilitation is discussed in detail throughout this course. An emphasis of this course will be describing the role of the physical therapist in the management of patients with the above diagnosis in terms of interventions to optimize function, activity and participation.