

## CURRICULUM VITAE

*David M. Wert, Ph.D., PT*

**Department of Physical Therapy  
School of Health and Rehabilitation Sciences  
University of Pittsburgh**

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### **Education:**

#### GRADUATE:

##### **Ph.D. - Degree**

University of Pittsburgh, Pittsburgh, PA  
School of Health and Rehabilitation Sciences – Rehabilitation Science  
2011

##### **M.P.T. - Degree**

Slippery Rock University, Slippery Rock, PA  
Department of Physical Therapy- Physical Therapy  
1997

#### UNDERGRADUATE:

##### **B.S. - Degree**

Pennsylvania State University, University Park, PA  
College of Health and Human Development - Exercise and Sport Science  
1991

### **Licensure Information/Registration Number:**

Pennsylvania State Board of Physical Therapy (#PT 011046-L) 1997-present

### **Employment and Positions Held:**

#### ACADEMIC:

##### **Assistant Professor**

Department of Physical Therapy, School of Health and Rehabilitation Sciences  
University of Pittsburgh, Pittsburgh, PA  
2012-present

##### **Research Physical Therapist**

Department of Physical Therapy, School of Health and Rehabilitation Sciences  
University of Pittsburgh, Pittsburgh, PA  
2007-2011

## NON-ACADEMIC:

### **Home-health Physical Therapist**

Heartland Home Care, Pittsburgh, PA  
2005-2007

### **Staff Physical Therapist**

UPMC Passavant, Pittsburgh, PA  
1997-2007

## **Peer Reviewed Publications:**

1. **Wert DM**, VanSwearingen JM, Perera S, Studenski SA, Brach JS. The Impact of a Portable Metabolic Measurement Device on Gait Characteristics of Older Adults with Mobility Limitations. *J Geriatr Phys Ther.* 2016
2. Brach JS, Lowry K, Perera S, Hornyak V, **Wert D**, Studenski SA, VanSwearingen JM. Improving motor control in walking: A randomized clinical trial in older adults with subclinical walking difficulty. *Arch Phys Med Rehabil.* 2015;96:388-94
3. Almeida GJ, **Wert DM**, Brower KS, Piva SR. Validity of physical activity measures in individuals after total knee arthroplasty. *Arch Phys Med Rehabil.* 2014. DOI: 10.1016/j.apmr.2014. 10.009
4. **Wert DM**, VanSwearingen JM, Perera S, Brach JS. The Test-Retest Reliability of Metabolic Measures of Energy Expenditure During Overground Walking in Older Adults With Mobility Limitations. *J Aging Phys Act.* 2014. PMID:25007982.
5. Hornyak V, Brach JS, **Wert DM**, Hile E, Studenski S, VanSwearingen JM. What is the relation between fear of falling and physical activity in older adults? *Arch Phys Med Rehabil.* 2013, Jun 28. PMID: 23816923.
6. **Wert DM**, Brach JS, Perera S, VanSwearingen JM. The Association between Energy Cost of Walking and Physical Function in Older Adults. *Arch Gerontol Geriatr.* 2013;57:2.PMID:23680536.
7. Brach JS, VanSwearingen JM, Perera S, **Wert D**, Studenski S. Motor Learning versus Standard Exercise in Older Adults with Subclinical Gait Dysfunction. *J Amer Geriatr Soc.* 2013;61(11). *PMCID: PMC3827693*
8. Dunlap P, Perera S, VanSwearingen JM, **Wert D**, Brach JS. Transitioning to a Narrow Path: The Impact of Fear of Falling in Older Adults. *Gait & Posture* 2012; 35:92-95. PMID: 21944475, *PMCID: PMC3250559.*
9. Brach JS, **Wert D**, VanSwearingen JM, Studenski SA, Newman AB. Use of Stance Time Variability for Predicting Mobility Disability in Community-Dwelling Older Persons: A Prospective Study. *J Geriatric Phys Ther* 2012; Feb 6 PMID 22314273.
10. Hile ES, Brach JS, Perera S, **Wert DM**, VanSwearingen JM, Studenski SA. Interpreting the need for initial support to perform tandem stance tests for balance. *Phys Ther.* 2012;92:1316-1328. *PMC3461133*
11. Julius, LM, Brach JS, **Wert DM**, VanSwearingen JM. Perceived effort of walking: Relationship with gait, physical function and activity, fear of falling, and confidence in walking in older adults with mobility limitation. *Phys Ther.* 2012;92:1268-1277.
12. Brach JS, McGurl DJ, **Wert D**, VanSwearingen JM, Perera S, Cham R, Studenski SA. Validation of a measure of smoothness of walking. *Journals of Gerontology-Biological and Medical Sciences* 2011. Jan;66(1):136-141. PMID 20923910. *PMCID: PMC3032432*
13. Hergenroeder A, **Wert D**, Hile E, Studenski S, Brach JS. The Association of Body Mass

Index with Self-Reporting and Performance-Based Measures of Balance and Mobility. *Phys Ther*. 2011;91:1223-1234.

14. Brach JS, Perera S, VanSwearingen JM, Hile E, **Wert D**, Studenski S. Challenging Gait Conditions Predict One-Year Decline in Gait Speed in Older Adults with Apparently Normal Gait. *Phys Ther* 2011; 91:1857-1864. PMID 22003167 PMCID: PMC3229049
15. VanSwearingen JM, Perera S, Brach JS, **Wert D**, Studenski SA. Exercise to Improve Gait Efficiency: Impact on Activity and Participation in Older Adults with Mobility Limitations. *Phys Ther* 2011;91:1740-1751. PMID 22003158 PMCID: PMC 3229041
16. **Wert DM**, Brach JS, Perera S, VanSwearingen JM. Gait Biomechanics, Spatial and Temporal Characteristics and the Energy Cost of Walking in Older Adults with Impaired Mobility. *Phys Ther* 2010;90:977-985. PMID 20488977 PMCID: PMC2897132
17. **Wert DM**, Talkowski JB, Brach JS, VanSwearingen JM. Characteristics of Walking, Activity, Fear of Falling and Falls in Community-Dwelling Older Adults by Residence. *J Geriatric Phys Ther*, 2010 Jan-Mar;33(1):41-5.

#### Published Abstracts of Peer Reviewed Presentations:

1. **Wert DM**, VanSwearingen JM, Perera S, Brach JS. The Test-Retest Reliability of Metabolic Measures of Energy Expenditure During Overground Walking in Older Adults With Mobility Limitations. APTA Combined Sections Meeting, Las Vegas, NV, Jan 2014.
2. **Wert DM**, VanSwearingen J, Perera S, Brach J. Consistency of Overground Gait Speed during Longer bouts of Walking in Older Adults. APTA Combined Sections Meeting, San Diego, CA, January 2013.
3. Hornyak VA, VanSwearingen JM, **Wert D**, Studenski S, Brach J. How do falls, fear and cognition influence the association between physical performance and self-reported function in older adults? *J Am Ger Soc*. 2012;60:S130
4. Brach JS, VanSwearingen JM, Perera S, **Wert D**, Hornyak V, Studenski S. Motor Skill versus Standard Exercise in Older Adults with Subclinical Gait Dysfunction. *J Am Geriatr Soc*. 2012;60:S9.
5. Brach J, VanSwearingen JM, Perera S, **Wert D**, Lowry K, Studenski S. Gait characteristics partially explain the underestimation of walking intensity in older but not younger adults. *ISPGR and Gait & Mental Function 2012*, Trondheim, Norway, June 2012.
6. **Wert D**, VanSwearingen J, Perera S, Brach J. The influence of wearing a portable metabolic measurement system on gait of older adults. *ISPGR and Gait & Mental Function 2012*, Trondheim, Norway, June 2012.
7. Julius L, Brach JS, **Wert D**, VanSwearingen J. Measuring Mobility Fatigability in Older Adults with Difficulty Walking. *J Am Geriatr Soc* 2011;50:S110.
8. **Wert DM**, Brach J, VanSwearingen J. Does Gait Differ by Combination of Gait Speed and Efficiency? *J Am Geriatr Soc*. 2011;59:S157.
9. **Wert DM**, Brach JS, Hile E, VanSwearingen JM, Studenski S. Meaningful Change and Responsiveness of Psychological Fall-Related Factors in Older Adults. APTA Combined Sections Meeting, San Diego, CA, February 2010.
10. Brach JS, VanSwearingen JM, Hornyak V, **Wert DM**, Hile E, Studenski SA. Exploring the Role of Step Width Variability in Mobility and Physical Function. APTA Combined Sections Meeting, San Diego, CA, February 2010.
11. Hornyak VA, Talkowski JB, **Wert D**, Hile E, Studenski S, Brach JS. Associations between Fear of Falling, Physical Function and Physical Activity in Older Adults. APTA Combined Sections Meeting, San Diego, CA, February, 2010.
12. Hile E, Brach JS, Perera S, **Wert D**, VanSwearingen J, Studenski S. Influence of Light Support on Tandem Stance in Community-Dwelling Older Adults. APTA Combined Sections Meeting, San Diego, CA, February, 2010.

13. Brach JS, Hile E, **Wert D**, Studenski SA. Challenging Gait Conditions Predict 1-year Decline in Gait Speed in Older Adults with Apparently Normal Gait. *Gait and Mental Function*, Washington DC, February, 2010.
14. Brach JS, VanSwearingen JM, **Wert D**, Studenski SA. Gait Variability during Curved Path Walking in Young and Old. *Gait and Mental Function*, Washington DC, February, 2010.
15. Hoerner RW, Brach JS, **Wert D**, Studenski S, VanSwearingen JM. Backward walking As an Indicator of Motor Learning in Older Adults. *Gait and Mental Function*, Washington DC, February, 2010.
16. Brach JS, VanSwearingen J, **Wert D**, Perera S, Cham R, Studenski S. The Impact of Fear and Confidence on Smoothness of Walking. *J Am Geriatr Soc.* 2010;58:129.
17. Dunlap P, VanSwearingen J, **Wert D**, Brach J. Transition to a Narrow Path: The Impact of Fear of Falling in Older Adults. *J Am Geriatr Soc.* 2010;58:130.
18. **Wert DM**, Brach JS, VanSwearingen JM. Does Change in Energy Cost of Walking Relate to Change in Function in Older Adults? *J Am Geriatr Soc.* 2010;58:128.
19. Hile ES, Zickmunc S, VanSwearingen J, **Wert D**, Brach JS, Studenski SA. Perspectives on mobility and balance among older adults. *J Am Geriatr Soc.* 2010;58:219.
20. Hoerner R, Brach J, **Wert D**, VanSwearingen JM. Is Usual Gait Speed an Indicator of the Motor Learning Ability of Older Adults? *J Am Geriatr Soc.* 2010;58:242.
21. Conti R, Brach J, **Wert D**, VanSwearingen JM. Self-Reported Mobility and Physical Function: Responsiveness to Intervention-Related Change in Older Adults with Mobility Disability. *J Am Geriatr Soc.* 2010;58:243.
22. Brach JS, McGurl D, **Wert D**, VanSwearingen JM, Perera S, Cham R, Studenski SA. Validation of a Measure of Smoothness of Walking. *J Am Geriatr Soc.* 2009; 57:S17.
23. Brach JS, **Wert D**, VanSwearingen JM, Studenski SA. The Compendium of Physical Activity Underestimates Walking Intensity in Old moreso than in Young. *J Am Geriatr Soc.* 2009;57:S110.
24. **Wert DM**, Brach J, VanSwearingen J. Energy Cost of Walking Contributes to Physical Function in Older Adults. *J Am Geriatr Soc.* 2009;57:S109-S110.
25. Hess R, VanSwearingen JM, **Wert D**, Hile E, Studenski S, Brach JS. Expectations of Aging and Mobility in Community-Dwelling Older Adults. *J Am Geriatr Soc.* 2009;57:L110-S111.
26. Robertson JA, VanSwearingen JM, **Wert D**, Hile E, Studenski S, Brach JS. Association of Executive Function Domains with Curved and Straight Path Walking. *J Am Geriatr Soc.* 2009;57:S16-S17.
27. Hile ES, Perera S, McGurl DJ, **Wert DM**, VanSwearingen JM, Brach JS, Studenski SA. Measuring Self-Perceived Change in Mobility and Balance. *J Am Geriatr Soc.* 2009;57:S41.
28. Hergenroeder A, **Wert D**, Hile E, Studenski S, Brach J. The Association of Body Mass Index with Self-Report and Performance-Based Measures of Physical Function. APTA Annual Conference, Baltimore, MD, June 2009.
29. **Wert D**, Brach JS, Wysochansky A, Kriska A. Predictive Validity for Mortality of Self-Report and Performance-Based Measures of Functional Status in Community-Dwelling Older Women. *J Am Geriatr Soc.* 2008;56:C125.
30. **Wert D**, Brach J, VanSwearingen J. Measuring VO2 during steady state in Older adults. *J Am Geriatr Soc.* 2008;56:C126.
31. Brach J, **Wert D**, Storti K, Wysochansky A, Kriska A. Predicting Mortality in Community-Dwelling Older Women: A Look at Different Measures of Physical Activity. *J Am Geriatr Soc.* 2008;56:C54.
32. **Wert DM**, Brach JS, VanSwearingen JM. The Impact of Walking on a Treadmill on Stance Time Variability. APTA Annual Conference, San Antonio, TX, June 2008.

33. VanSwearingen JM, Brach JS, Perera S, Hile E, Talkowski J, Huang W, **Wert D**, Studenski SA. An RCT to Improve Energy Cost of Walking. J Am Geriatr Soc. 2008;56:P41.
34. VanSwearingen, Brach JS, Perera S, Hile E, Talkowski J, Huang W, **Wert D**, Studenski SA. An RCT to Improve Motor Control in Walking Among Older Adults with Step Length Variability. J Am Geriatr Soc. 2008;56:D83.
35. **Wert D**, Talkowski JB, Brach JS, VanSwearingen J. Characteristics of walking, physical activity, fear of falling and falls in community-dwelling older adults based on residence. J Am Geriatr Soc. 2007;55:S162.

Peer Reviewed Scientific and Professional Presentations (those not previously cited above under abstracts):

1. Brach JS, Hile E, Hornyak V, VanSwearingen JM, **Wert DM**. Return Motor Skill to Walking in Older Adults. APTA Combined Sections Meeting, New Orleans, LA, 2011.

**Funded/In Review Grant Activity:** include:

Grant Number	Title	Role	Effort	Years	Amount
<b>Current</b>					
PCORI (In Review)	Structured Exercise versus General Exercise Recommendation: A Comparative Effectiveness Study of Exercise in PD	PI	4.8	2015-2018	\$2,000,000
<b>Prior</b>					
NIH-P30 AG024827	Energy Cost of Walking and Parkinson's Disease	PI	2.4	2012-2013	\$1550
NIH-P30 AG024827	Energy Cost of Walking Study	Co-PI	3.6	2010-2011	\$7690

\*Effort is in calendar months

**Research Activity:**

R01 AG045252A      Brach (PI)      12/01/2014-11/30/2019  
 Task Specific Timing and Coordination Exercises to Improve Mobility in Older Adults  
 Role: Co-Investigator

6301      PCORI      "On The Move: Optimizing Participation in Group Exercise to Prevent Walking Difficulty in At-risk Older Adults", PI: Jennifer Brach  
 Role: Study Co-I

RO1 NS074343 NINDS “Exploratory study of different doses of endurance exercise in people with Parkinson disease”, PI: Margaret Schenkman, Daniel Corcos  
Role: Co-I, Research Staff (Oversight of Exercise Intervention –Pittsburgh site).

**Membership in Scientific/Professional Organizations:**

American Physical Therapy Association 1997-present  
    APTA Section on Geriatrics  
    APTA Section on Neurology

**Service:**

Journal Reviewer: J of Aging Phy Act, Gait & Posture, J Am Ger Soc, J Gerontol, International J Ther Rehab 2012-present  
Abstract Reviewer, APTA-CSM (Section on Geriatrics) 2011-present  
Award Reviewer, APTA-Academy of Geriatric Physical Therapy 2011-present  
Presenter – “Exercise and PD”, National Parkinson’s Foundation WPA 2012  
Volunteer – Davis Phinney Foundation, Victory Summit - Pittsburgh 2012

**Honors and Awards:**

Jack Walker Award (Co-author), American Physical Therapy Association 2012  
School of Health and Rehabilitation Sciences Research Development Fund 2012  
Excellence in Geriatric Research Award, American Physical Therapy Association 2011  
Scientist In Training Research Award, American Geriatrics Society 2010  
Graduate Student Research Scholarship, American Geriatrics Society 2010, 2008,2007  
Adopt-A-Doc Award, APTA Section on Geriatrics 2011, 2009 and 2008  
Neuromuscular Plasticity Scholar, Neuromuscular Plasticity Symposium 2008  
Graduate Student Research Award, Institute for Rehabilitation and Research 2008, 2007  
Bruce Baker Travel Scholarship, SHRS, Univ of Pgh 2008,2014

**Continuing Education:**

International Symposium on Gait & Posture and Mental Function, Norway 2012  
Combined Sections Meeting, APTA 2009, 2010, 2012-2015  
Annual Meeting, American Physical Therapy Association 2008  
Expanding Neurologic Expertise: Advancing Clinical Practice in Acute Stroke Rehab 2014  
Comprehensive Concussion Management, Indianapolis, IN 2015  
LSVT Big Certification Course, Pittsburgh 2015  
A Comprehensive approach to EBP of patients with PD, APTA – CSM 2016

**Current Teaching Responsibilities in the Entry-level Physical Therapy Program (in sequence, by quarter or semester):**

- 2010-present      **Neuroscience (PT 2060, Neuroanatomy Lab);** 5 credit course; approximately 45-65 students; primary responsibility for laboratory instruction, oversight of teaching assistants, and evaluating student work.
- 2013-present      **Neuromuscular I & II (PT 2061 & 2062);** 3 credit courses; 62 students; primary responsibilities: laboratory assistant -assist with laboratory sessions, small group discussions, and administration of competency exams.

**Current Teaching Responsibilities in the Graduate Rehabilitation Science Program:**

- 2010-present      **Fundamentals of Neuroscience for the Orthopedic Clinician (HRS 2314);** 4 credit course; approximately 35-40 students; responsible for co-lecturing course material, laboratory instruction, oversight of teaching assistants, and evaluation of student work.
- 2009-2015      **Constructs for Neurological Clinical Decision making (HRS 2309);** 3 credit course; approximately 35-40 students; teaching assistant, assist with quiz/test development, grading, and student tutoring.
- 2012-present      **Case Studies of Persons with Neuromuscular Disorders (HRS 2365);** 3 credit course; approximately 10-14 students; lecture and laboratory development & provision, test development, grading and evaluation, tutoring.