SHILPA B. GAIKWAD, PT, PhD

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Education and Training:

2016	PhD Rehabilitation Sciences	\$
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Loma Linda University, Loma Linda, California, USA. Dissertation: Effect of gaze stability exercise on chronic motion sensitivity: A randomized controlled trial.

2011 Master of Physiotherapy in Neurosciences

Major: Physical Therapy in adult Neurologic conditions Physiotherapy School & Center, Topiwala National Medical College, Mumbai, India Thesis: Comparative Study of Berg's Balance Scale and Balance Evaluation Systems Test in Measuring Outcome Following Balance Training in Parkinson's Patients.

2007 Bachelor of Physiotherapy

Physiotherapy Teaching & Treatment Centre, Lokmanya Tilak Municipal Medical College & General Hospital Mumbai, India Internship Thesis: Correlation between Ratio of Height to Abdominal Girth and Balance in Third Trimester of Pregnancy in Multiparous Women

Licensure:

2017 to present	Florida Board of Physical Therapy, USA, License # PT32393
2014 to 2017	New York State Board of Physical Therapy, USA, License # PT0338287
2007 to present	Licensed Physiotherapist of India, License no. L-20490

Certifications:

2021 to present	Certification in Vestibular Rehabilitation and Concussion Competency course, American Institute of Balance (AIB), Florida (AIB- VR/CON)
2021 to present	Certified Fall Prevention Specialist
2021 to present	Certification in Diversity, Equity and Inclusion in the workplace, University of South Florida
2021 to present	Credentialed Clinical Instructor: Level 1, APTA
2017 to present	Certification in LSVT BIG, LSVT Global, New York
2017 to present	Certification in Cervicogenic Dizziness, APTA's Evidence-Based Competency Course, Oregon
2018 to present	Certificate of attendance in Vestibular Rehabilitation: A Competency-based course, Emory University and APTA
2013 to present	Advanced Certification in Health Sciences Education Technology, Teachers Training Institute, Maharashtra University of Health Sciences, India
2009 to present	Certification in NDT framework for restoring function in the upper extremity of Stroke Survivors, WCPT-AWP and Indian Association of Physiotherapy Congress, Mumbai, India
2009 to present	Certification in upper and lower quarter Mulligan's Concept, Capri Institute of Manual therapy, New Delhi, India

Professional Appointments:

2021 to present	Associate Professor, Department of Physical Therapy, College of
	Healthcare Sciences, Nova Southeastern University, Florida.
2017 to 2021	Assistant Professor, Department of Physical Therapy, College of Healthcare
	Sciences, Nova Southeastern University, Florida.
2016	Clinical Physical Therapist, InterFysio LLC, New York. Facilities: New
	York Presbyterian Brooklyn Methodist Hospital, Brooklyn, NY and Seagate
	Rehabilitation and Nursing Center, Brooklyn, NY.

2013 to 2016	Teaching and Research Assistant, Physical Therapy Department, School of Allied Health Professions, Loma Linda University, California.
2011 to 2013	Assistant Professor, DPO's NETT College of Physiotherapy, Mumbai, India. Courses taught: Neurologic Physical Therapy, Physical Therapy in Community Health Sciences, Physical Diagnosis and manipulative skills, Kinesiotherapy and Fundamentals of Exercise Therapy
2011 to 2013	Clinical Physical Therapy faculty, DPO's NETT College of Physiotherapy, Mumbai, India. Settings: Outpatient clinic and In-patient rehab.
2007 to 2013	Clinical Physical Therapist, Mumbai, India (Part time) – Settings: Home health.
2007 to 2011	Clinical Physical Therapist (Part time) – In Masters of Neuro Physical Therapy Program, Physiotherapy School & Center, Topiwala National Medical College, Mumbai, India. Settings: Neurologic outpatient clinic, Neurologic In- patient Rehab and Intensive care unit.

Honors and Awards:

First Prize for Platform Presentation:

Gaikwad S, Johnson E, Nelson T, Ambode O, Albalwi A, Alharbi A, Daher N. Effect of gaze stability exercises on chronic motion sensitivity. National Conference of Physical Therapy. Mumbai, India. December 2017.

Peer Reviewed Journal Publications:

- Krpalek D., Gaikwad S., Johnson E., Nelson T., Daher N. (2020). Effect of Progressive Gaze Stability Exercises on the Severity of Symptoms of Chronic Motion Sensitivity and Occupational Engagement Among Young Adults: A Qualitative Study. *Annals of International Occupational Therapy*. doi: 10.3928/24761222-20200501-01 [online advanced release]
- 2. **Gaikwad SB**, Johnson EG, Nelson TC, Ambode O, Albalwi A, Alharbi A, Daher NS. Effect of gaze stability exercise on chronic motion sensitivity: A randomized controlled trial. *JNPT*. 2018;42(1):72-79 doi: 10.1097/NPT.0000000000216
- 3. Johnson EG, Daher NS, **Gaikwad SB.** Author response to commentary on: "Effect of gaze stability exercise on chronic motion sensitivity: A randomized controlled trail." *JNPT*. 2018;42(1):82-83 doi: 10.1097/NPT.0000000000223

- 4. **Gaikwad SB**, Mukherjee T, Shah P, Ambode O, Johnson EG, Daher N. Home exercise program adherence strategies in vestibular rehabilitation- A systematic review. *Phys Ther Rehabil Sci.* 2016;5:53-62 <u>http://dx.doi.org/10.14474/ptrs.2016.5.2.53</u>
- Alqabbani S, Johnson EG, Daher N, Gaikwad SB, Deshpande S. The Effect of Wearing Headscarves on Cervical Spine Proprioception. *Int Jof Physiother Res.* 2016. 4(2):13891393 DOI: <u>http://dx.doi.org/10.16965/ijpr.2015.205</u>
- Alyahya D, Johnson EG, Daher D, Gaikwad SB, Deshpande S, Cordett TK, Zidek L. The effect of vestibular rehabilitation exercises on chronic motion sensitivity: A randomized controlled trial. *Phys Ther Rehabil.* 2016; 3:1 DOI : <u>http://dx.doi.org/10.7243/205523863-1</u>
- Alyahya D, Johnson EG, Daher N, Gaikwad SB, Deshpande S. Postural control in healthy young adults with and without chronic motion sensitivity. *Int J Physiother*. 2016; 3(1):1-4 DOI <u>10.15621/ijphy/2016/v3i1/88898</u>
- Al Mubarak F, Johnson EG, Daher N, Gaikwad SB, Cordett T, Aranda H. The effect of jet lag on postural stability. J Funct Morphol Kinesiol. 2016; 1:200–208 DOI: <u>http://www.mdpi.com/2411-5142/1/2/200</u>
- 9. Dwivedi S., **Gaikwad S**. Correlation of Heart Rate to Borg's Rating of Perceived Exertion in Indian Females Using Queen's College Step Test & Modified Queen's College Step Test: A Pilot Study. *Indian Journal of Physiotherapy & Occupational Therapy*.

2014; 8(2): 47- 52 DOI : <u>10.5958/j.0973-5674.8.2.058</u>

 Gaikwad S., Writer H. Comparative Study of Berg's Balance Scale and Balance Evaluation Systems Test in Measuring Outcome Following Balance Training in Parkinson's Patients. *Indian Journal of Physiotherapy & Occupational Therapy*. 2012; 6(4): 269-274 DOI: <u>http://www.i-scholar.in/index.php/ijpot/article/view/49904</u>

Peer Reviewed Scientific and Professional Presentations:

- 1. Fernandez., **Gaikwad SB**. The effect of an integrated clinical experience on student selfefficacy and confidence when managing individuals with amputation. Primary author presented the poster at WCPT Congress 2019, Geneva, Switzerland.
- Gaikwad S, Johnson E, Nelson T, Ambode O, Albalwi A, Alharbi A, Daher N. Effect of gaze stability exercises on chronic motion sensitivity. Poster presentation. APTA CSM 2018, New Orleans, Louisiana. February 2018.
- 3. **Gaikwad S**, Johnson E, Nelson T, Ambode O, Albalwi A, Alharbi A, Daher N. Effect of gaze stability exercises on chronic motion sensitivity. National Conference of Physical Therapy. Mumbai, India. December 2017.
- 4. Poster presentation at National Conference on Physiotherapy in Community Health 2012.

<u>**Title:**</u> Correlation between ratio of height to abdominal girth and balance in third trimester of pregnancy in multiparous women.

5. Platform presentation at 50th Annual Conference of the Indian Association of Physiotherapists, 2012

<u>**Title:**</u> Comparative Study of Berg's Balance Scale and Balance Evaluation Systems Test in Measuring Outcome Following Balance Training in Parkinson's Patients.

Non-Peer Reviewed Publications:

- Gaikwad S., Rone-Adams S. (2018) Mobility Fair: Putting core values of innovation and community into action. Sharkbytes. Online Newsletter from NSU. <u>https://nsunews.nova.edu/mobility-fair-putting-core-</u> valuesofinnovationandcommunityinto-action/
- Gaikwad S., Litwin B. (2017) NSU Health Professions division provides health screenings to the Sistrunk Historical Festival. Online Newsletter from NSU. <u>https://nsunews.nova.edu/nsu-health-professions-division-provideshealthscreeningsatthesistrunk-historical-festival/</u>
- 3. Writer H., **Gaikwad S**. (2010). Stepping Up: How to stay Active with Parkinson's disease Patient's handbook, Parkinson's disease, and Movement Disorder Society.

Research Grant:

2019: Application for Quality-of-Life Grant at NSU (Not funded)

Applied with faculty from occupational and physical therapy for the QOL grant to create a Parkinson's disease Interactive Educational Series (PIES) with a graduate student involved and a partnership with Posnack Jewish Community Center.

Current Research/Writing Activities:

- 1. **Gaikwad SB.** Barriers to vestibular rehabilitation therapy adherence among individuals with vestibular dysfunction A Systematic review. (In progress)
- 2. Alyahya D, **Gaikwad SB**, Johnson EG. Vestibular Adaptation Exercise Prescription: A Review of Literature. (In progress)
- 3. **Gaikwad SB**. Impact of Game-Based teaching-learning strategy on student engagement during classroom learning of Neuroscience content in entry-level Doctor of Physical Therapy program. (In progress)

Journal Reviewer:

2018 to present: Journal of Neurologic Physical Therapy 2017 to present: Internet Journal of Allied Health Sciences and Practice

Invited Talks and Speaker for Conference:

2018	Speaker at faculty development activity. Title: Living with Narcolepsy- A clinical case presentation, Interprofessional Seminar, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University.
2015	Presentation on "Dizziness and Balance Disorders in Parkinson's Disease." Presented to patients, family members, and staff at Loma Linda University Medical Center - Outpatient Rehabilitation Center, Loma Linda, CA.
2014	Presented benefits of Physical and Mental Exercise in Parkinson's disease. Presented to patients, family members, and staff at Loma Linda University Medical Center - Outpatient Rehabilitation Center, Loma Linda, CA.
2014	Presented a Bill proposal to the State Legislative Director, Sacramento, May 2014: To reduce the duration of mandatory supervised clinical practice based on the years of experience in home country for the International Physical Therapist willing to practice in California. (As final assignment for the course in PhD Rehabilitation Sciences Program: Profession Advocacy in Allied Health)
2012	Speaker of Post Conference Workshop at 50 th Indian Association of Physiotherapist (IAP). Workshop title: "Evidence Based Neuro-Physiotherapeutic approach in the Management of Parkinson's Disease"
2013	Presentation on Educational Innovation Project titled "Introduction of Doctor- Patient Communication Skill for 3 rd year Bachelors of Physiotherapy students at DPO's NETT College of Physiotherapy", Thane, India.

Membership in Scientific/Professional Organizations:

2017 to present: Member of American Physical Therapy Association (APTA)

- 2017 to present: Member of APTA Florida Chapter
- 2017 to present: Member of APTA Academy of Neurologic Physical Therapy
- 2017 to present: Member of Academy of Neurologic Physical Therapy Special Interest Groups for: Vestibular Rehabilitation, Balance and Falls, Stroke, Degenerative Disorders, Brain Injury and Assistive Technology/Seating and Wheeled Mobility
- 2018 to present: Member of American Academy of Orthotists and Prosthetists (AAOP)
- 2007 to present: Life of member of Indian Association of Physiotherapists (IAP)

Consultative and Advisory Positions:

Research Advising for PhD Students

2021 to present	Eileen Garay, PT, Student in PhD in Physical Therapy Program, Dr. Pallavi Patel College of Health Care Sciences.
	Committee member of PhD Dissertation
2021 to present	Matthew Casale, PT, Student in PhD in Physical Therapy Program, Dr. Pallavi Patel College of Health Care Sciences.
	Committee member of PhD Dissertation
2020 to present	Christopher H. Voltmer, PT, DPT, NCS, Student in PhD in Physical Therapy Program, Dr. Pallavi Patel College of Health Care Sciences. <i>Committee member of PhD Dissertation</i>
2019 to present	Tinu T. Chacko, PT, DPT, Student in PhD in Physical Therapy Program, Dr. Pallavi Patel College of Health Care Sciences. <i>Committee Member of PhD Dissertation</i>
2018 to present	Baker Alzoabi, PT, Student in PhD in Physical Therapy Program, Dr. Pallavi Patel College of Health Care Sciences. <i>Committee Member of PhD Dissertation</i>

Clinical and Teaching Mentoring for Neurologic Residents

2021 to 2022	Melinda Geisel, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Pinecrest Rehabilitation Hospital, Delray Medical Center, Florida
2021 to 2022	Shyra Dehner, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Memorial Rehabilitation Institute, Hollywood, Florida
2020 to 2021	Jessica Zanon, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Pinecrest Rehabilitation Hospital, Delray Medical Center, Florida

2020 to 2021	Alexandra Adams, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Memorial Rehabilitation Institute, Hollywood, Florida
2018 to 2019	Jason Berlongieri, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Pinecrest Rehabilitation Hospital, Delray Medical Center, Florida
2018 to 2019	Laurianne Dib, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Pinecrest Rehabilitation Hospital, Delray Medical Center, Florida
2018 to 2019	Syeda Ahmed, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Pinecrest Rehabilitation Hospital, Delray Medical Center, Florida
2019 to 2020	Christina Cyprien, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Memorial Rehabilitation Institute, Hollywood, Florida,
2019 to 2020	Tamika Hawkins, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Pinecrest Rehabilitation Hospital, Delray Medical Center, Florida
2019 to 2020	Franline Destin, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Pinecrest Rehabilitation Hospital, Delray Medical Center, Florida
2017 to 2018	Paul Colbert, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University	Pinecrest Rehabilitation Hospital, Delray Medical Center, Florida

 Breanna Holliday, PT, DPT, Student in Physical Therapy Neurologic Residency Program, Dr.
Pallavi Patel College of Health Care Sciences, Nova Southeastern University Pinecrest Rehabilitation Hospital, Delray Medical Center, Florida

Academic Mentoring for Doctor of Physical Therapy Students

2020 to 2023 12 DPT students

2017 to 2020 12 DPT students Advisee, Michael Ngo, DPT, was selected for induction to the American Council of Academic Physical Therapy (ACAPT) National Student Honors Society in 2020

Service:

National Level

2021 Item writer for National Physical Therapy Examination (NPTE) of Federation of State Boards of Physical Therapy (FSBPT)

University Level

2017 to
2017 to
2019 Volunteer PT at Nova Southeastern University's on-campus Fall clinic.
2019 Conducted assessment, evaluation, documentation and made recommendations for further referral for patients in the outpatient setting who were at risk of fall due to various conditions including neurologic and vestibular dysfunctions.

College Level

2019	Fall Risk Screening Interprofessional Education Activity (IPE) Supervised an interprofessional education activity where PT students along with students of other health care professions such as OT, audiology, PA, optometry screened community volunteers at risk of fall due to various conditions including neurologic and vestibular dysfunctions.
2019	Fall Risk Screening Interprofessional Education Activity (IPE) Supervised an interprofessional education activity where PT students along with students of other health care professions such as OT, audiology, PA, optometry screened community volunteers at risk of fall due to various conditions including neurologic and vestibular dysfunctions.
2017 to present	Chair of Education Subcommittee of Faculty Research Committee of College, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University.

Organized multiple faculty journal clubs, faculty field trips to on-campus facilities, research round table events for faculty, faculty meet and greet events and special topic talks.

2017 to present	Member of Faculty Research Committee of College, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University
2018 to present	Ad-hoc faculty member, Committee on Student Progression, Dr. Pallavi Patel College of Health Care sciences, Nova Southeastern University
2017 to 2020	Member, Interprofessional Education Committee of College, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University

Department Level

2017 to present	Member, Curriculum Committee, Department of Physical Therapy, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University
2018 to present	Ad-hoc reviewer for Admission files, Admission Committee, Department of Physical Therapy, Dr. Pallavi Patel College of Health Care Sciences, Nova Southeastern University
2018	Member, Faculty Review Committee. Reviewed portfolio report of faculty members applying for continuing contract and promotion and report to the committee chair.

Volunteering and Community Service

2019	Organized 2 nd annual Mobility Fair, a health screening community service activity for people with limb loss in South Florida in collaboration with Nova Southeastern University's Physical Therapy and Occupational Therapy departments and Hanger Clinic.
2018	Organized 1 st annual Mobility Fair, a health screening community service activity for people with limb loss in South Florida in collaboration with Nova Southeastern University's Physical Therapy and Occupational Therapy departments and Hanger Clinic.
2018	Participated in conducting health screening for people with Parkinson's Disease and supervised and mentored DPT students to perform the screening tests on volunteers with Parkinson's Disease during Parkinson's Disease Moving Day, Fort Lauderdale, Florida.

2017	Participated in Sistrunk Historical Festival to conduct health screening and balance screening for the residents of Broward County in Fort Lauderdale, Florida
2015	Participated in fall prevention screening to conduct balance screening for community women volunteers at Loma Linda Health Women's Conference, Ontario Convention Center, Ontario, CA.
2014	Participated in fall prevention screening to conduct balance screening for community women volunteers at Loma Linda Health Women's Conference, Ontario Convention Center, Ontario, CA.
2013	Participated in two-day Physiotherapy treatment camp for community volunteers at DPO's NETT College of Physiotherapy, Thane.
2012	Participated as female team manager of Mumbai Zone of Maharashtra university of Health Sciences, Inter Zonal Sports Trial
2010 to 2012	Volunteer Physical Therapist, Parkinson's Disease and Movement Disorder Society (PDMDS), Mumbai, India
2007	The Family Welfare Agency: Home based care project and Multi service center project for the elderly

Continuing Education: (from last five years only)

October 2021	Academy of Neurologic Physical Therapy Annual Conference – Virtual
August 2021	APTA's Credentialed Clinical Instructor Course (CI – Level 1)
July 2021	American Institute of Balance - Vestibular Rehabilitation and Concussion Workshop (AIB- VR/CON)
June 2021	Certified Fall Prevention Specialist (CFPS) (2021)
June 2021	Certificate course on Diversity, Equity and Inclusion in Workplace. Virtual course offered by University of South Florida
October 2020	ELC 2020 Virtual Conference Pre-Con: Education Research: How to Begin Your Journey (Mini-GAMER)
September 2020	MDS Virtual Congress 2020 International Parkinson and Movement Disorder Society

2019	Advanced PT Lower extremity amputee: Strategies for therapist.
2019	Rehabilitation for the Individual with Lower Limb Amputation CPG at APTA (CSM 2019)
March 2019	PNF I: The Functional Approach to Proprioceptive Neuromuscular Facilitation by Institute of Physical Art
Jan 2019	Integrating Current Evidence into Neurologic PT Educational Programs: Two- day Pre-Conference course at APTA (CSM 2019)
Jan 2019	Developing and Implementing your Teaching Philosophy for Quality Instruction at APTA (CSM, 2019)
Jan 2019	A Forum on Movement System Diagnoses for Balance Dysfunction at APTA (CSM, 2019)
Jan 2019	How to Avoid a Fall: Protective Limb Responses in Aging and Stroke at APTA (CSM, 2019)
Jan 2019	Light Them Up! Unplugged Teaching Tools to Facilitate Active Learning at APTA (CSM 2019)
Jan 2019	ACE Talk: Virtual Reality to improve Mobility: Not Just Pretty Pictures at APTA (CSM 2019)
Jan 2019	Dealing with the Dark Side of Plasticity: Pain in Neurorehabilitation at APTA (CSM 2019)
Jan 2019	Advancing Acute Care Education Through Outcome-Driven Approaches at APTA (CSM 2019)
Feb 2018	Academy of Neurologic Physical Therapy Section Platform Session I - Parkinson's Disease and Balance Disorders (CSM, 2018)
Feb 2018	Anne Shumway-Cook Lectureship: One Step at a Time: Moving from Bench to Bedside (CSM, 2018)
Feb 2018	BPPV Best Practice: Examining the 2017 Revised Clinical Practice Guideline (CSM, 2018)
Feb 2018	Getting Published in Journal of Neurologic Physical Therapy: A Chat with the Editorial Board (CSM, 2018)

March 2018	Attended Vestibular Rehabilitation Competency Based course, Emory University, Atlanta
December 2017	National Conference of Physical Therapy. Mumbai, India.
October 2017	Completed Cervicogenic Dizziness Evidence-Based Competency Course, Oregon.
June 2017	Completed LSVT BIG Certification, LSVT Global, New York.
March 2017	Completed the Art and Science of Teaching and Learning course, CHCS teaching and learning academy, Nova Southeastern University, Florida.
2017	Grant Workshop, Nova Southeastern University, Florida

Current Teaching Responsibilities:

At Nova Southeastern University

Teaching in following courses in Professional Doctor of Physical Therapy program:

- 1. PHT 6830 Neuromuscular I (Course leader)
- 2. PHT 6830 Neuromuscular I Lab (Course leader)
- 3. PHT 6816 Neurosciences (Course leader)
- 4. PHT 6915 Prosthetics and Orthotics (Course leader)
- 5. PHT 6914 Neuromuscular II (Assisting Faculty)
- 6. PHT 6914 Neuromuscular II Lab (Assisting Faculty)
- 7. PHT 6722 Integumentary PT (Assisting Faculty)
- 8. PHT 6725 Cardio-Pulmonary PT (Assisting Faculty)

Teaching in Physical Therapy Neurologic Residency Program:

1. PTCE 0063 Contemporary Management of Central Nervous System Injury: Vestibular disorders module.