

VALERIE SHUMAN, PT, DPT, GCS

University of Pittsburgh
Department of Physical Therapy
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Work: (412) 383-4322

EDUCATION and TRAINING

UNDERGRADUATE

2004 - 2008	University of Pittsburgh Pittsburgh, PA	BA <i>Magna Cum Laude</i> , 2008	History
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GRADUATE

2009 - 2012	Duke University Durham, NC	DPT, 2012	Physical Therapy
2019 - Present	University of Pittsburgh Pittsburgh, PA	PhD, ant. 2023	Rehabilitation Sciences

CERTIFICATION and LICENSURE

PHYSICAL THERAPY LICENSE

Commonwealth of Pennsylvania (License Number PT022036)	2012 - Present
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SPECIALTY CERTIFICATION

Board-Certified Clinical Specialist in Geriatric Physical Therapy	2019 - Present
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MEMBERSHIP in PROFESSIONAL and SCIENTIFIC SOCIETIES

Member, American Physical Therapy Association (APTA) Section on Research Section of Health Policy & Administration Academy of Geriatric Physical Therapy Academy of Neurologic Physical Therapy	2012 - Present
Member, Pennsylvania Physical Therapy Association (PPTA) Neurology Special Interest Group Geriatric Special Interest Group	2012 - Present

Novice Trainee, University of Pittsburgh Older Americans Independence Center, Pittsburgh, PA	2018 - Present
Member, Academy Health	2020 - Present
Member, American Congress of Rehabilitation Medicine Rehabilitation Treatment Specification Networking Group Geriatrics Rehabilitation Networking Group Health Services Research Networking Group	2020 - Present

HONORS

Phi Beta Kappa, Xi Chapter	2008
Adopt-A-Doc Award, Academy of Geriatric Physical Therapy	2020
American Physical Therapy Association; Marilyn Gossman Graduate Research Award	2020
Promotion of Doctoral Studies I; Foundation for Physical Therapy Research	2020

PUBLICATIONS

REFEREED ARTICLES

1. Hergenroeder AL, Barone Gibbs B, Kotlarczyk MP, Perera S, Quinn T, **Shuman V**, Kowalsky RJ, Brach JS. Sit less for successful aging pilot study: Feasibility of an intervention to reduce sedentary time in older adults in independent living communities. *Cardiopulmonary Physical Therapy Journal*. 2020;31(4):142-51.
2. Perera S, VanSwearingen J, **Shuman V**, Brach JS. Assessing gait efficacy in older adults: An analysis using item response theory. *Gait Posture*. 2020 Mar; 77:118-124. doi: 10.1016/j.gaitpost.2020.01.028. Epub 2020 Jan 28. PubMed PMID: 32028078; PubMed Central PMCID: PMC7061088.
3. Coyle PC, Perera S, **Shuman V**, VanSwearingen J, Brach JS. Development and Validation of Person-Centered Cut-Points for the Figure-of-8-Walk Test of Mobility in Community-Dwelling Older Adults. *J Gerontol A Biol Sci Med Sci*. 2020 Nov 13;75(12):2404-2411. doi: 10.1093/gerona/glaa035. PubMed PMID: 32006022; PubMed Central PMCID: PMC7662178.
4. **Shuman V**, Coyle PC, Perera S, Van Swearingen JM, Albert SM, Brach JS. Association Between Improved Mobility and Distal Health Outcomes. *J Gerontol A Biol Sci Med Sci*. 2020 Nov 13;75(12):2412-2417. doi: 10.1093/gerona/glaa086. PubMed PMID: 32270185; PubMed Central PMCID: PMC7662180.

WORKS IN PREPARATION

1. **Shuman V**, McDonough CM, Leland NE. Characterizing contemporary physical therapy practice for post-acute hip fracture rehabilitation. (Submitted December 2020)

PUBLISHED ABSTRACTS

1. Alkathiry AA, Sparto P, Mucha A, **Shuman V**, Pavlou M, Whitney S. Learning difficulties in children with concussion. American Physical Therapy Association Combined Sections Meeting. Indianapolis, IN. February 2015
2. **Shuman V**, Brach JS, Perera S, Kotlarczyk MP, Scenna C, Coyle PC, Greenspan SL. Optimizing recruitment of frail older adults for participation in clinical research studies. American Physical Therapy Association, Combined Sections Meeting. Washington, D.C. January 2019
3. **Shuman V**, Coyle PC, Perera S, VanSwearingen J, Albert SM, Brach JS. What does it mean to move the needle on mobility? Assessing impact on health outcomes. APTA Combined Sections Meeting. Denver, Colorado. February 2020.
4. VanSwearingen J, Perera S, Coffman L, **Shuman V**, Wert D, Brach J. Sleep quality and walking performance and motor skill. Abstract; poster presentation, 2021 Combined Sections Meeting, APTA, February 2021 (accepted)
5. **Shuman V**, Leland NE. Examining type, dose, and timing of physical therapy interventions for older adults in post-acute care following hip fracture. APTA Combined Sections Meeting. Virtual, February 2021 (accepted)

PROFESSIONAL ACTIVITIES

TEACHING

Doctor of Physical Therapy Curriculum, Entry-level:

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| Clinical Neurologic Science I/Lab (Teaching Assistant for approximately 35 students, 3 credits) primary responsibilities include assisting physical therapy students during laboratory sessions and serving as an examiner for practical examinations (approximately 30 student contact hours per term).
Duquesne University | 2012 – Present |
| Clinical Neurologic Science II/Lab (Teaching Assistant for approximately 35 students, 3 credits) primary responsibilities include assisting physical therapy students during laboratory sessions and serving as an examiner for practical examinations (approximately 30 student | 2012 – Present |

contact hours per term).
Duquesne University

Clinical Neurologic Science III/Lab (Teaching Assistant for approximately 35 students, 3 credits) primary responsibilities include assisting physical therapy students during laboratory sessions and serving as an examiner for practical examinations (approximately 30 student contact hours per term).
Duquesne University 2012 - Present

Patient Management I (Teaching assistant for approximately 70 students, 3 credits) primary responsibilities include assisting physical therapy students during laboratory sessions and serving as an assessor of student basic competencies 1:1 throughout the semester (approximately 20 student contact hours per term).
University of Pittsburgh 2019

Evidence Based Practice I (Teaching assistant for approximately 70 students, 3 credits) primary responsibilities include guiding physical therapy students through critical evaluation of literature (approximately 15 student contact hours per term).
University of Pittsburgh 2020

Master of Physical Therapy Curriculum:

Neurologic Science/Lab (Teaching Assistant for approximately 20 students, 3 credits) primary responsibilities included assisting physical therapy students during laboratory sessions and serving as an examiner for practical examinations (approximately 20 student contact hours per term).
Duquesne University 2017

INVITED SEMINARS and LECTURESHIPS

1. "Including the Often-Excluded Older Adult in Clinical Research: Strategies for Recruitment, Enrollment, Retention, and Engagement" Combined Sections Meeting, Denver, CO, 2/13/2020
2. "How Ethel Got her Groove Back: Group Exercise to Restore Walking Expertise" National Council on Aging Age+Action Conference, Virtual, 6/10/2020.

SERVICE

State

Pennsylvania Physical Therapy Association's Neurology Special Interest Group, Secretary 2015 - 2017

University

School of Health and Rehabilitation Science PhD Student Organization, Executive Director 2020 - Present