

CURRICULUM VITAE

Mark Boland, PT, DPT, OCS, MBA, ITPT
306 Quince Court
Hollidaysburg, PA 16648
814-471-1112 (work)
Saint Francis University

Education: Temple University
Philadelphia, PA
January 2012-December 2013
Physical Therapy
Doctor of Physical Therapy

Saint Francis University
Loretto, PA
May 2012-August 2016
Business Administration
Masters of Business Administration

Saint Francis University
Loretto, PA
September 2001-May 2003
Physical Therapy
Masters of Physical Therapy

Saint Francis University
Loretto, PA
September 1997-May 2001
Health Sciences
Bachelor of Science

Licensure Information/Registration Number:
Licensed Physical Therapist – Pennsylvania (PT016327)
Direct Access Authorization – Physical Therapy - Pennsylvania (DAPT000995)

Certifications:
Orthopedic Clinical Specialist – American Board of Physical Therapy Specialties
(June 2009-present)

ImPACT Trained Physical Therapist (ITPT) – ImPACT Applications, Inc. (2015-
Present)

Employment and Positions Held:
Clinical Associate Professor
Department of Physical Therapy
Saint Francis University
Loretto, PA

January 2014-Present

Director, Orthopaedic Physical Therapy Residency Program
DiSepio Institute for Rural Health and Wellness
Saint Francis University
Loretto, PA
August 2010-Present

Per-diem Physical Therapist
Chan Soon-Shiong Medical Center at Windber
Windber, PA
August 2020-Present

Director of Rehabilitation
DiSepio Institute for Rural Health and Wellness
Saint Francis University
Loretto, PA
December 2008-February 2020

Adjunct Clinical Assistant Professor
Department of Physical Therapy
Temple University
Philadelphia, PA
January 2014-May 2016

Adjunct Assistant Professor
Department of Physical Therapy
Saint Francis University
Loretto, PA
March 2005-December 2013

Facility Director/Physical Therapist
ProCare Health Systems, Inc.
Huntingdon, PA
May 2003-December 2008

Peer Reviewed Publications:

Boland MA, Zambinini D, Mulligan, IJ, Donegan S. Measuring the average peak timing of kinematic variables in adolescent baseball pitchers. (Currently under review by the *American Journal of Sports Medicine*. Submitted 10/5/2021)

Boland MA, Hollstadt K, Mulligan IJ. Test-retest reliability of the Closed Kinetic Chain Upper Extremity Stability Test (CKCUEST) in a modified test position in Division I collegiate basketball players. *IJSPT*. 2020;15:203-209.

Arbuckle D, DeSalvo M, Dixon T, Grasberger B, Wertz K, Boland MA. Comparison of surface electromyography activated muscle stimulation to the biphasic neuromuscular electrical stimulation method of quadriceps muscle strengthening. *Orthopaedic Physical Therapy Practice*. 2013;25:-216-219.

Mulligan IJ, Boland MA, McIlhenny CV. The Balance Error Scoring System Learned Response Among Young Adults. *Sports Health*. 2013;5:22-26.

Boland MA, Mulligan IJ, Payette J. A novel cryotherapy compression wrap in the management of acute ankle sprains: potential use for special operators on the battlefield. *J Spec Oper Med*. 2012;12:17-23.

Pasierb KM, Boland MA, Gough ST. Differential diagnosis of a patient referred to physical therapy with neck and shoulder pain: Brachial Plexus Neuropathy. *Orthopaedic Physical Therapy Practice*. 2012;24:-204-207.

Mulligan IJ, Boland MA, Payette J. Prevalence of Neurocognitive and Balance Deficits in Collegiate-Aged Football Players Without Clinically Diagnosed Concussion. *J Orthop Sports Phys Ther*. 2012;42(7):625-632.

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

-Stodart B, Boland MA, Kindel K. Strength Curves of the Ankle Invertor and Evertor Musculature. Poster Presentation at APTA Pennsylvania Annual Conference, Pocono Manor, PA. October 15, 2022.

-Boland MA, Mulligan IJ, Tyke A, Reese K, Stiffler E, Breisinger J, Lee S, Donegan S, Zambanini D. Measuring the Average Peak Timing of Kinematic Variables in Adolescent Baseball Pitchers. Poster Presentation at APTA CSM Conference, Denver, CO. February 13, 2020.

- Boland MA, Mulligan IJ, Tyke A, Reese K, Stiffler E, Breisinger J, Lee S, Donegan S, Zambanini D. Measuring the Prevalence of Injury Related Risk Factors in Adolescent Baseball Pitchers. Poster Presentation at APTA CSM Conference, Denver, CO. February 13, 2020.

-Mulligan IJ, Boland, MA, Tyke A, Reese K, Stiffler E, Breisinger J, Lee S, Donegan S, Zambanini D. Examining the Relationship Between Arm Slot, Stride Length, and Arm Pain in Adolescent Baseball Pitchers. Accepted for Poster Presentation at APTA CSM Conference, Denver, CO. February 13, 2020.

-Boland MA, Mulligan IJ, Tyke A, Reese K, Stiffler E, Breisinger J, Lee S, Donegan S, Zambanini D. Measuring the Average Peak Timing of Kinematic Variables in Adolescent Baseball Pitchers. Poster Presentation at PPTA Annual Conference, Seven Springs, PA. October 26, 2019.

-Boland MA, Mulligan IJ, Tyke A, Reese K, Stiffler E, Breisinger J, Lee S, Donegan S, Zambanini D. Measuring the Prevalence of Injury Related Risk Factors in Adolescent Baseball Pitchers. Poster Presentation at PPTA Annual Conference, Seven Springs, PA. October 26, 2019.

-Hollstadt K, Boland MA. Test-Retest Reliability of the Closed Kinetic Chain Upper Extremity Stability Test (CKCUEST) in a Modified Test Position in Division I Collegiate Basketball Players. Poster Presentation at APTA NEXT Conference. Orlando, FL. June

26, 2018.

-Harris D, Anders T, Boland MA. Therapeutic Management and Outcomes Following ACL Repair With Iliotibial Band Autograph in Adolescent Twins. PPTA Poster Presentation. Seven Springs, PA. October 28, 2017.

-Boland MA, Johnson V, Foster M, Kegg R, McDowell C, Mercer M, Sponsler B. Correlation Between Scores on the Modified CTSIB When Using the SWAY Mobile Application and NeuroCom VSR Sport in Health Collegiate Students. PPTA Poster Presentation. Seven Springs, PA. October 28, 2017.

- Cartwright KS, VanderBrook SM, Boland MA, Mulligan I. Neurocognitive or Balance Differences Following Participation in a Spring Football Game in Asymptomatic Athletes. APTA Next Conference, Boston, MA. June 2017

-Bancroft N, Chelko K, Dodson C, Gocek J, Robinhold K, Boland M, Mulligan I. Funding a Physical Therapy Education: Concerns of Rising Student Loan Debt Compared to Starting Salary. PPTA Poster Presentation. November 1, 2014

-Boland MA, Hutchinson B. *Coracoclavicular Ligament Reconstruction and Rehabilitation Using a Cadaveric Semitendinosus Tendon Graft Following a Cycling Accident: A Case Report.* APTA CSM Conference, Orthopaedic Poster Presentation. February 5, 2014.

-Meisel C, Mulligan IJ, Boland MA, Hutchinson BL, Harrington S. *Can Patient-Rated Outcome Measures Predict Shoulder Impairments in Female Collegiate Swimmers.* APTA CSM Conference Sports Residency, Platform Presentation. February 5, 2014.

-Bloom J, Gigliotti S, Hummel S, Leydig M, Ludwig M, Rapinski E, Boland MA. *A Comparison of Pre and Post-Operative Fall Risk in Patients With a Total Knee Replacement.* Saint Francis University School of Health Sciences Department of Physical Therapy Research Presentation Day. May 1, 2013.

-Boland MA, Mulligan IJ. *Identification of Long Term Prevalence of Fall Risk in Patients Total Joint Replacement.* Faculty Development Committee Spring Poster Session. March 24, 2011.

-Beck J, Boland MA, Mulligan IJ. *Identification of Long Term Prevalence of Fall Risk in Patients Following Total Joint Replacement.* PPTA Annual Conference, Harrisburgh, PA. October 22, 2010.

Non-Peer Reviewed Presentations:

-Speaker – “Coding and Billing in Concussion Management”. ImPact Trained Physical Therapist Credentialing Program. Presented Online – March 11, 2022.

-Speaker – “An Update on the Physical Therapist Role in Concussion Management”. PPTA West-Central District Meeting. Ebsensburg, PA. November 13, 2018

-Speaker – “Developing Effective Strategies for the Evaluation and Management of the Cervical Spine, Lumbar Spine, and Shoulder Regions through Medical Screening and Differential Diagnosis.” Pittsburgh, PA. November 10, 2018.

-Speaker - “Exertional Training in Concussion Management” Presented at APTA Combined Sections Meeting, San Antonio, TX. February 15, 2017.

-Speaker - “Management of the Cervical Spine Clinical Trajectory in Concussion” Presented at APTA Combined Sections Meeting, San Antonio, TX. February 15, 2017.

-Speaker - “Aches, Strains, Post-op, and Pain” the staff at All Star Therapies, Inc. December 16, 2016

-Speaker – “Current Trends in the Management of Low Back Pain”. – 6th Annual Athletic and Orthopaedic Health and Wellness Symposium – DiSepio Institute for Rural Health and Wellness at Saint Francis University. May 14, 2016

-Speaker – “The Role of the Physical Therapist in Medical Screening and Differential Diagnosis”. – 6th Annual Athletic and Orthopaedic Health and Wellness Symposium – DiSepio Institute for Rural Health and Wellness at Saint Francis University. May 13, 2016

-Speaker – “Clinical Implementation at a Small Rural Rehabilitation Clinic Affiliated With a University”. Webinar offered in Conjunction with ImPACT, Inc. January 11, 2016

-Speaker – “Emerging Trends in the Management of Low Back Pain”. Conference for Rural Health Providers. Saint Francis University, Loretto, PA. September 18, 2015.

-Speaker – “Current Trends in Concussion Management from Baseline Testing to Return to Play. CEU Event, Keystone Physical Therapy, Indiana, PA. October 25, 2014.

-Speaker – “Work Injury Prevention and Management: The Importance of the Physical Demands Analysis and the Post-offer Screen.” UCIC Safety Leadership Conference. June 24, 2014.

-Speaker – Online Course Offering through CERMUSA Distance Education. “Medical Screening and Differential Diagnosis of the Cervical and Lumbar Regions in Physical Therapy Practice” – Ongoing and updated annually.

-Speaker – PPTA West-Central District Meeting, September 11, 2012. Current Concepts in Concussion Management.

- Speaker – Rural Telehealth and Advanced Technologies Conference: 2012 Updates for Healthcare Providers. “Back Injury Prevention for the Healthcare Provider” March 9, 2012.

-Speaker – CERMUSA Assistive Technology Expo. “Back Injury Prevention for the Healthcare Provider” November 3, 2011.

-Speaker – Cambria-Somerset Council for Education of Health Professionals, Inc. “Medical Screening and Differential Diagnosis of the Cervical and Lumbar Regions in Physical Therapy Practice” – September 16-17, 2011

-Speaker – 2nd Annual Athlete Health and Wellness Symposium – DiSepio Institute for Rural Health and Wellness at Saint Francis University “A Treatment Based Classification for the Lumbar Spine” – May 14, 2011.

-Speaker – CERMUSA Research Advisory Board. “Telehealth Test Bed – Neurocognitive and Neurophysical Studies” April 7, 2011.

-Speaker – IU 08 Training Center, Altoona, PA. “Current Trends in Concussion Management: A Focus on the Balance/Vestibular Components of Concussion Management”. March 25, 2011

-Speaker – Brain Injury Association of Pennsylvania: Central PA Brain Injury Symposium. “Current Trends in Concussion Management”. October 23rd, 2010.

-Speaker - Applied Clinical Technology Research in Military Medicine: Improving the Delivery of Healthcare in Rural and Underserved Populations. “Telehealth Test Bed – Neurocognitive and Neurophysical Studies” October 6th, 2010

-Speaker – 1st Annual Athlete Health and Wellness Symposium – DiSepio Institute for Rural Health and Wellness at Saint Francis University “Identification and Management of Athletes who will Benefit from a Lumbar Stabilization Program” June 5th, 2010

- Guest Lecturer - Juniata College Health Professions Program – Issues in Rural Healthcare (2007-2011)

- Introduce students to personal and professional issues involved in providing healthcare in a rural community
- expose students to the integrative model of healthcare
- encourage pre-health students to consider returning to rural communities to practice.

Funded/In Review Grant Activity: include:

-\$2,000. Pro Bono Incubator Grant, a program of Move Together. Funds awarded for innovation of facilities and equipment for the C.A.R.E. Clinic. March 2021.

-\$13,000. Privately funded product investigation of the clinical effectiveness of a cryotherapy wrap. ArcticEase, Inc. May 2010.

-\$1,500. APTA Orthopaedic Section Residency Application Fee Grant. 2009.

-\$1,000. Saint Francis University Faculty Development Grant. Funding to perform study examining fall risk in patients following total joint replacement. March 2009.

Continuing Education Workshops Organized:

-Annual Athletic and Orthopaedic Health and Wellness Symposium. Held in May of each year. 2010-2017.

Membership in Scientific/Professional Organizations: include positions held

-Committee Member-PPTA PPAC (2017-Present)

-APTA PA Practice and Research Committee Practice Spotlight Series – Content Reviewer. “Red Flags and Yellow Flags: What They Mean for the Orthopedic Clinician”. September, 2022.

-Alternate-Highmark’s Clinical Policy Management Committee-Musculoskeletal Subcommittee

-Member of the American Physical Therapy Association

-Member of the Pennsylvania Physical Therapy Association

-Member of the Orthopedic Section of the American Physical Therapy Association

-Member of the Private Practice Section of the American Physical Therapy Association

-Legislative Ambassador for the Pennsylvania Physical Therapy Association Political Action Committee (2008-Present)

-Member of the Huntingdon County Health Care Consortium (2005-2008)

Consultative and Advisory Positions Held:

- Contributing writer for the Huntingdon Daily News (“Ask the PT” column) (June 2008 – December 2008)

Community Service:

-Hollidaysburg Elementary Basketball Program
-Volunteer Coach (December 2016-present)

-Hollidaysburg Area Summer Baseball League
-Volunteer Coach (March 2015-present)
-Board of Directors: Treasurer (September 2017-October 2022)

-Faculty Advisor – C.A.R.E Clinic (Student Run Pro Bono Clinic)(June 2012-present)

-Member - Hollidaysburg Area YMCA Board of Directors (June 2013-present)
-Treasurer (January 2015-December 2017)
-Finance Committee (January 2015-present) (Chair: January 2015-December 2017)

- Secretary (March 2016-December 2016)
- Executive Committee (January 2015-present)

-Volunteer – Blair County American Cancer Society Relay for Life Event (2020-Present)

-Volunteer – Anne E. Barnes Memorial Golf Tournament (2000-2019)

-Participant – Multiple Sclerosis Walk (2006-present)

-Heart Chase Participant – American Heart Association, Ebensburg, PA (2014)

-Volunteer – Race Marshall for Raystown Triathlon (2006)

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

-Saint Francis University – Honors Program Committee (August 2022-Present)

-Saint Francis University – Program Review Committee (October 2021-Present)

-Saint Francis University – Search Committee for Associate Dean of Institutional Accreditation, Assessment, Academic Quality and Compliance (August 2021)

-Saint Francis University – Sullivan Hall Renovation Committee (November 2020-Present)

-Saint Francis University Department of Physical Therapy – Graduation Committee (September 2020-Present)

-Saint Francis University Department of Physical Therapy – Alumni Relations Committee (October 2019-Present)

-Saint Francis University Department of Physical Therapy – National Physical Therapy Student Honor Society Selection Committee (April 2019-Present)

-Saint Francis University - Athletics Advisory Board.(September 2019-Present)

-Saint Francis University – Self-Designed Major/Minor Committee. (September 2019-May 2022).

-Saint Francis University DiSepio Center for Rehabilitation – Search Committee for Client Accounts Manager/Health Benefits Advocate (Fall 2018)

-Saint Francis University - ReLOSA Committee (August 2018 – May 2019)

-Saint Francis University Department of Physical Therapy – Search Committee for Physical Therapy Faculty Member. Summer 2017.

-Saint Francis University Department of Physical Therapy – Cancer Care Program Faculty Search Committee. Fall 2016.

-Saint Francis University – Faculty Salary and Benefits Committee. (August 2017-May 2018)

-Saint Francis University – Standards and Admissions Committee. (August 2015-May 2018 (Chair: 2016-2017 academic year)

-Faculty Advisor – C.A.R.E Clinic (Student Run Pro Bono Clinic) (August 2014-Present)

-Saint Francis University School of Health Sciences – Electronic Health Records Committee.

-Saint Francis University DiSepio Institute for Rural Health and Wellness – Search Committee. Registered Nurse. July 2014.

-Saint Francis University DiSepio Institute for Rural Health and Wellness – Search Committee. Medical Assistant. July 2014.

-Saint Francis University Department of Physical Therapy – Search Committee. Neurological Physical Therapy Faculty search. Fall 2012-Summer 2013.

-Saint Francis University School of Health Sciences – Faculty-Student Practice Committee (Chair)

-Saint Francis University School of Health Sciences – Clinical Education Working Group

-Saint Francis University School of Health Sciences – DiSepio Symposium Committee

-Saint Francis University – Health and Wellness Committee

-DiSepio Institute for Rural Health and Wellness – Interdisciplinary Practice Council

Honors and Awards:

-2017 Special Recognition by APTA Sports Section for Quality Research at APTA NEXT Conference Poster Presentation, June 23, 2017.

-2016 Saint Francis University - Master of Business Administration Academic Excellence Award.

-2012 *Journal of Orthopaedic and Sports Physical Therapy* Excellence in Research Award.

Continuing Education Attended:

-APTA Combined Sections Meeting, San Antonio, TX. February 2-5, 2022.

-ImPACT Clinical Report Interpretation. Virtual. December 17. 2021.

- APTA Virtual Combined Sections Meeting. February-March, 2021.
- APTA Combined Sections Meeting, Denver, CO. February 12-15, 2020.
- PPTA Annual Conference. Seven Springs, PA. October 25-27, 2019.
- APTA Combined Sections Meeting, Washington, DC. January 23-26, 2019.
- APTA Combined Sections Meeting, New Orleans, LA. February 21-24, 2018
- PPTA Annual Conference. Seven Springs, PA. October 17-29, 2017.
- APTA Combined Sections Meeting, San Antonio, TX. February 15-19, 2017.
- 6th Annual Athletic and Orthopaedic Health and Wellness Symposium. (May 14-15, 2016)
- APTA Combined Sections Meeting. Anaheim, CA. February 17-20, 2016.
- 5th Annual Athletic and Orthopaedic Health and Wellness Symposium. (May 22-23, 2015)
- APTA Combined Sections Meeting. Indianapolis, IN. February 4-7, 2015.
- PPTA Annual Conference. Lancaster, PA. October 31-November 2, 2014.
- Evidence-Based Physical Therapy for Thoracic Spine Pain. (May 17, 2014)
- 5th Annual Athletic and Orthopaedic Health and Wellness Symposium. (May 16, 2014)
- APTA Combined Sections Meeting. Las Vegas, NV. February 3-6, 2014.
- Advances Toward Treatment of Traumatic Brain Injury. Notre Dame Hesburg Lecture Series. (October 22, 2013)
- Pharmacology and its Relationship to the Rehabilitation Program. PPTA West-Central District Meeting. (October 8, 2013)
- 4th Annual Athletic and Orthopaedic Health and Wellness Symposium. (May 18, 2013)
- Headaches & the Cervical Spine: Evidence-based Evaluation and Management. (May 17, 2013)
- Bringing Research into the Clinic: Evidence Based Practice and Critically Appraising the Literature. (April 30, 2013)
- PPTA Annual Conference – Functional Biomechanics of the Lower Quarter: Implications for the Evaluation and Treatment of Musculoskeletal Disorders.

(October 2012)

-APTA Combined Sections Meeting, San Diego, CA. (January 21-24, 2012)

-3rd Annual Athletic and Orthopaedic Health and Wellness Symposium. (May 12, 2012)

-Help Me, I'm Dizzy: Physical Therapy Examination and Treatment of Patients with Vestibular Hypofunction. (May 11, 2012)

-APTA Combined Sections Meeting, Chicago, IL. (February 8-11, 2012)

-Rural Telehealth and Advanced Technologies Conference: 2012 Updates for Healthcare Providers. (March 9, 2012)

-PPTA 2011 Annual Conference – Movement System Syndromes of the Lumbar Spine and Hip. Shirley Sahrman, PT, PhD, FAPTA.

-Medical Screening and Differential Diagnosis of the Cervical and Lumbar Regions in Physical Therapy Practice” (September 16-17, 2011)

-Rural Telehealth and Advanced Technologies Conference: Managing Chronic Disease (September 8, 2011)

-Athlete Health and Wellness Symposium – DiSepio Institute for Rural Health and Wellness (May 13-14, 2011)

-Not How But Why? Finding the ‘Cause of the Cause’ With Manual Therapy for the Cervical and Lumbar Spine” Supported by the Manual Therapy Institute (May 5, 2011)

-Athlete Health and Wellness Symposium – DiSepio Institute for Rural Health and Wellness (June 4-5, 2010)

-University of St. Augustine: S4 – Functional Analysis & Management of Lumbo-Pelvic-Hip Complex (April 2010)

-APTA Clinical Instructor Education and Credentialing Program (March 2010)

-PPTA Annual Conference – Surgical and non-Surgical Management of Disorders of the Cervical and Lumbar Spine (October 2010)

-Protecting Human Research Subjects – NIH Web-based Training Course (October 2009)

-Rural Telehealth and Advanced Technologies Conference (September 2009)

-Mobilization (HVLAT) of the Upper Quadrant (May 2009)

-PPTA 2009 Spring Reimbursement and Regulations Update (April 2009)

- Physical Therapist Clinical Performance Instrument for Students: A Self-Guided Training Course (January 2009)
- Current Concepts in Orthopedic Physical Therapy (March 2009)
- Pharmacology in Rehabilitation (November 2008)
- Grade 5 Mobilization of the Lumbar Spine (May 2008)
- University of St. Augustine: S1 – Introduction to Spinal Evaluation and Manipulation
- Differential Diagnosis/Manual Therapy of the Cervical Spine
- Evidence Based Assessment and Intervention for the Spine
- Medical Screening in Physical Therapy Practice
- Current Concepts in Balance Rehabilitation for Geriatric and Neurologic Populations

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

- PT 402 and PT 402L – Movement Science 1
- PT 403 and PT 403L – Movement Science 2
- PT 511 – Pathology and Differential Diagnosis – Musculoskeletal
- PT 523L – Patient Management 2 – Musculoskeletal 1
- PT 611 and PT 611L – Patient Management 5 – Musculoskeletal 2
- PT 730 – Administration
- PT 731 – Health Policy and Administration

- Saint Francis University Pediatric Residency Program Faculty – (2013-present)
 - Conduct lectures/lab activities and provide mentorship to residents.

- Saint Francis University Orthopedic Residency Program Director/Faculty – (2010 – present)
 - Responsible for development and management of program and resident education and mentorship.

- Saint Francis University Sports Residency Program Faculty – (2009 – present)
 - Conduct lectures/lab activities and provide mentorship to residents.