

Nia Irene Mensah, PT, DPT, PhD, PCS  
University of Colorado School of Medicine  
Department of Physical Medicine and Rehabilitation  
Physical Therapy Program | Hybrid Pathway  
Mailstop C244, 13121 East 17th Avenue, Aurora, CO 80045  
[nia.mensah@cuanschutz.edu](mailto:nia.mensah@cuanschutz.edu)

Education:

2024 – current	Post-Doctoral Fellowship	Univ. of So. California, Los Angeles, CA
2017 – 2023	PhD in Kinesiology	Teachers College, New York, NY
2003 – 2006	Entry Level DPT	Univ. of So. California, Los Angeles, CA
1999 – 2003	BS in Psychology	Vanderbilt University, Nashville, TN

Licensure Information:

Physical Therapy License Colorado # PTL.0020046  
Physical Therapy License New York # 029911-1  
Physical Therapy License New Jersey # 40QA02258000  
Physical Therapy License California # 307379

Certifications:

Pediatric Clinical Specialist, American Board of Physical Therapy Specialists, 2015, 2025

Employment and PT Positions Held:

2024-Present	Assistant Professor- dual appointment within University of Colorado Physical Therapy Program, Instructor in Hybrid Program at UCCS Colorado Springs, CO
2017-Present	Lab Affiliate, Neurorehabilitation Lab (NRL), Biobehavioral Department Teachers College, New York, NY.
2019-2024	Associate Professor; Doctor of Physical Therapy Program Long Island University, Brooklyn, NY.
2023-2024	Adjunct Faculty, Doctor of Physical Therapy Program Kean University Union, NJ
2020-2023	Pediatric Lab Instructor, Doctor of Physical Therapy Program, Mercy University Dobbs Ferry, NY
2015-2018	Pediatric Lab Instructor, Doctor of Physical Therapy Program, Columbia University, New York, NY

Clinical Positions

9/23- 9/24	Per Diem Physical Therapist, Blythedale Children's Hospital Valhalla, NY
10/23-9/24	Per Diem Physical Therapist, Physical Therapy 4 Kids White Plains, NY

6/21-present	Instructor: Navigating Race in the Health Care Setting, Rutgers's University Office of Professional Development New Brunswick, NY
6/18-3/19	Clinical Director/Director of Related Services; International Institute of the Brain New York, NY
9/13-9/18	Director of Physical Therapy Department International Academy of Hope New York, NY
2/08-9/13	Staff Physical Therapist, Blythedale Children's Hospital Valhalla, NY

### Scholarly Agenda

The overall goal of my scholarship is to advance education, clinical practice and research related to the physical therapist's management of patients with pediatric conditions and specifically early measurement of cognition and motor skills in children with cerebral palsy in addition to increasing physical activity and participation for children with cerebral palsy who are non-ambulatory.

### Peer-Reviewed Publications

1. **Toomer-Mensah N**, O'Neil M, Quinn L. Validity of PROMIS® Pediatric Physical Activity Parent Proxy Short Form Scale as a Physical Activity measure for children with cerebral palsy who are non-ambulatory. Behavioral Sciences (Under Review)
2. **Toomer-Mensah N**, O'Neil M, Quinn L. A Road Map for Measuring Physical Activity in non-ambulatory Children with Cerebral Palsy: Perspectives of Parents and Physical Therapists. Journal of Dev and Physical Disabilities. (Under Review)
3. Verit G, Anwar D, Greenberg M, Cisek J, Hinrichs K, **Mensah NI**, Kirker K. Effects of Hydrotherapy on Juvenile Idiopathic Arthritis: A Systematic Review and Meta Analysis. *Pediatr Phys Ther.* 2025 (In Press)
4. Dodds C, Mulrenin B, Cormack C., Kascak K, **Mensah NI**, Gellet-Jones M, Heilman K, Gregoski M, Keller E, Beall J. Heart Rate Variability Responses in Children with Medical Complexity Across Sensory Domains. *International Journal of Pediatrics* 2025 (In Press)
5. States RA, Dewan B, Lynam P, **Mensah N**, Pottorf O. Group exercise for balance in people with Parkinson's disease: a systematic review with meta-analysis. *Physiother Theory Pract.* 2025 Apr;41(4):872-889. PubMed PMID: 38975875.
6. Kipnis D, Lin M, Pacheco A, **Mensah N**, Gu Y, Macpherson CE, Kempner K, Parker A, Coley RB, Coley D, Shah H, Quinn L. Identifying Barriers and Facilitators to Accessing Care for Historically Marginalized Communities Affected by Parkinson Disease: A Qualitative Study. *J Racial Ethn Health Disparities.* 2024 May 8; PubMed PMID: 38717675.
7. **Toomer-Mensah N**, O'Neil M, Blacutt M, Quinn L. Measuring Physical Activity in Children Who Do Not Walk and With Cerebral Palsy: An Exploratory Case Series. *Pediatr Phys Ther.* Published online May 16, 2024. doi:10.1097/PEP.0000000000001113
8. Kipnis D, Pacheco A, Delfing D, **Toomer-Mensah N**, Macpherson CE, Rieger J, Parker A, Coley RB, Coley D, Shah H, Quinn L. Community-based participatory research approach to address healthcare disparities confronting members of the Black Diaspora with Parkinson's disease. *Parkinsonism Relat Disord.* 2024 Feb;119:105936. PubMed PMID: 38145610.
9. **Mensah NI**, Savage RC, Camejo MB, Kramer S, Lozada AJC, McAllister T, Romanelli LJ, Sanchez L, Scheider L, Donohue P. Does Multidisciplinary and Intense Rehabilitation in a Post-Acute Brain Injury School Produce Positive Outcomes? *JSM Pediat Child Health* 2019;4:11.

Peer Reviewed Scientific and Professional Presentations:  
Posters & Platform Presentations

1. **Mensah N.** Attal R, Chan A. Alhmalidi N. Dusing S. Dynamic Body Weight Support Enhanced Exploration in Infancy and Developmental Disabilities (DBWS EE): Pilot analysis of two children. Scientific Poster AACPDM Annual Conference Oct 2025
2. Dusing S. **Mensah N.** Multiple baseline single subject design investigating a cognitive and motor blend-based therapy intervention with and without use of dynamic body weight support: Pilot data of a child with developmental disabilities. Scientific Poster AACPDM Annual Conference Oct 2025
3. Dewan B, **Mensah N**, Lynam P, States RA. APTA Combined Sections Meeting (CSM) 2023. "Group exercise for balance in people with Parkinson's disease: a systematic review with meta-analysis" Scientific Poster February 23, 2023, San Diego, CA
4. **Mensah NI**, Oneil MO, Quinn L. AACPDM 76th Annual Meeting: "Measuring physical activity in children with CP at GMFCS levels IV-V: an explorative observational case series" Scientific Poster; September 23-26, 2022, Las Vegas, NV
5. **Mensah NI**, Quinn L. AACPDM 74th Annual Meeting: "Measuring physical activity in children with severe and profound disability: An exploratory study" Demonstration Poster Meeting: September 24-26, 2020, New Orleans, LA - virtual
6. **Mensah NI**, Godwin E. "Effects of Underwater Treadmill Training in Child with Hemiplegic Cerebral Palsy: A Case Study" – Published in PT journal (online) Meeting cancelled due to COVID-19 (Phoenix, AZ) June 2020
7. Dodds C et al.. Complex Pediatric Disabilities Online Course Enhance Life Quality for the Most Vulnerable Children. Poster CSM 2018
8. **Mensah NI**, Savage R, Camejo M et al. Does Multidisciplinary and Intense Rehabilitation in a post-acute Brain Injury School produce positive outcomes? A retrospective cohort review. Poster & Platform Presentation: NABIS Conference Tampa, FL March 2016.
9. Fieback L, **Toomer-Mensah NI**, Smith T, Felsenfeld M. A Balance Master ® Intervention providing sequence training to improve a child's ability to cross a community traffic signal in a safe and timely manner. A Randomized Control Trial. Poster Presentation: American Physical Therapy Association NEXT Conference, Tampa, FL. June 2012

Non-peer-reviewed publications

1. Good Health Cover "Flexibility as a way of life" Commentary Lady Life Magazine, May/June 2021 issue <https://online.fliphtml5.com/nolio/mlgr/#.YLer2nBNEWk.gmail>

Publications (Books and Chapters)

1. Mensah, N. I. (2024). Why a post doc?: A guide to navigating a life into academia. Independently published. <https://www.amazon.com/dp/B0DTG8TJPF>
2. Pediatric Physical Therapy for the PTA 2<sup>nd</sup> Edition (2024), O'Shea, Roberta; Elsevier Health Chapter Contributor: Treatment Approaches

Funded/In Review Grant Activity:

NIH Loan Repayment Program

Mensah (PI)

07/2025-07/2027

Project Title: 1) Dynamic Body Weight Support Enhanced Exploration in Infancy and Developmental Disabilities (DBWS Enhanced Exploration) 2) Comparison of the Efficacy of Supporting Movement Activity for Reasoning and Thinking in Play (SMART-Play) provided over with and without the assistance of the Baby G Dynamic Body Weight Support enhanced exploration in infants and children with developmental disabilities

Role: Principal Investigator / Clinical Researcher

Dusing SC (PI), Mensah NI. Implementation of SMART-Play intervention with and without dynamic body weight support, a multiple baseline randomized single subject trial – Pilot. USC Biokinesiology and Physical

Therapy Department grant. 7/1/25-6/30/2026 (\$5,000). The goal of this project is to conduct pilot data collection and study the effects of use of the dynamic body weight support (BABY G) system with motor and cognitive blended PT for children under the age of 5 (weighing less than 50 lbs). – Awarded - In process

Mensah NI (PI). Dusing SC (PI), Assessment of participation during implementation of SMART-Play intervention with and without dynamic body weight support, a multiple baseline randomized single subject trial – Pilot. UCP Alliance 9/1/25-8/30/2026 (\$20,000). The goal of this project is to assess participation and determine sensitive cognitive measures when comparing the implementation of SMART-Play intervention with and without dynamic body weight support – Under review

Completed Grant Activity:

American Academy of Pediatric Physical Therapy Mentored Research Grant  
Mensah NI (PI); Mentors: Quinn, L and O’Neil, MO. Measuring Physical Activity in Non-Ambulatory Youth with CP GMFCS IV-V during daily routines. Grant Period 1/2021 – 3/2022 (\$10,000.00). The goal of this project is to define and measure physical activity in children functioning at GMFCS Level IV and V by using video observation, parent perception, and wrist-worn heartrate monitors and accelerometers. This grant helped to fund dissertation, successfully defended June 2023, published via ProQuest.

Cerebral Palsy Alliance (Canada) Travel and Lodging Grant  
Mensah NI (PI). Belize International Outreach: Volunteer Outreach Trip for PT and OT students.  
Goal: Grant Period 8/2019 – 8/2020 (\$1600.00). The purpose of this grant was to support associated travel and equipment shipment costs during International clinical experience and to survey student success. Project cancelled due to Covid-19 pandemic

Membership in Scientific/Professional Organizations

2003-present American Physical Therapy Association (APTA), Member  
2010-present Academy of Pediatric Physical Therapy (APPT), Member  
2015-2024 Neurodevelopmental Treatment Association (NDTA), Member

Leadership and Advisory Positions

2020-present	Member at large	USC BKN/PT Black Alumni Association
2020-2025	Founding Board Director	USC BKN/PT Black Alumni Association
2020-2021	Co-chair	Mentorship Committee APPT
2019-present	Member	Diversity, Equity, and Inclusion Committee APPT
2017-present	President	Kusudi International Incorporated

Consultative and Advisory Positions Held:

Not applicable

Community Service:

Annual Health Fairs: Teachers College, Columbia University, Mt. Neboh Church	2020 – 2025
Annual Ghana Outreach Trip: Kusudi International, Long Island University	2017 – 2024
Mentor: University of Southern California BKN/PT Black Alumni Association	2021 – present
Mentorship Subcommittee Co-chair, APTA Academy of Pediatric PT	2020-2021
Mentorship 101 – APTA APPT mentorship committee webinar event	January 2021
Navigating Racial Disparities within Health Professions. CAMPR CUIMC/TC project	February 2021
Keynote Speaker 3rd Annual Kusudi International Brunch Fundraiser	October 2019

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

University of Colorado School of Medicine

Physical Therapy Program:

Admissions

2024-present

Long Island University  
Member: Faculty Senate 2020-2024  
Faculty Senate Search Committee 2020-2024

LIU Physical Therapy Program  
Admissions 2021-2024  
Department Personnel Committee 2019-2021  
Student Progress Committee 2019-2021

#### Honors and Awards

Minority Faculty Development Award, APTA Leadership Congress 2022  
Trailblazer Leadership Award, Vanderbilt University 2003  
James Lawson Award for Leadership, Magnolia Award, Vanderbilt University 2003

#### Continuing Education Workshops Conducted/Organized

1. Ray L, Mensah NI, Wentzell E, O'neil MO,. American Academy of Pediatric Physical Therapy Annual Meeting "Part Two: Promoting Physical activity participation in natural environments where children live, play and learn" Educational Session, October 31-November 1, 2025, Colorado Springs, CO.
2. Mensah NI, James D, Weeks-O'Neal: American Academy of Pediatric Physical Therapy Annual Meeting "Cross-Cultural Adaptability: Implementation of service learning experiences in Ghana and in the U.S." Educational Session, November 23, 2024, Providence, RI.
3. O'neil MO, Ray L, Mensah NI, Wentzell E. American Academy of Pediatric Physical Therapy Annual Meeting "Promoting Physical activity participation in natural environments where children live, play and learn" Educational Session, November 23, 2024, Providence, RI.
4. Potts, L, O'neil MO, Noble E, Mensah NI. American Academy of Pediatric Physical Therapy Annual Meeting "Get Active: A School-Based Approach to promoting physical activity for children with disabilities". Educational Session; October 29, 2023, Omaha, NE.
5. Mensah NI, O'neil MO, Dodds C, Quinn L. APTA CSM Annual Meeting: "Measuring and defining physical activity in children with CP functioning at GMFCS Levels IV and V. Educational Session; February 25, 2023, San Diego, CA
6. Mensah NI. "Navigating Racial Disparities within the Physical Therapy Profession". Panel member of Plenary Presentation. Pediatric Section: Diversity, Equity, and Inclusion Task Force. Plenary Session/Presentation: Combined Sections Meeting (CSM) American Physical Therapy Association, Denver, Colorado February 2020.

#### Continuing Education Attended

2025 Combined Sections Meeting, American Physical Therapy Association, Houston TX.

Education Sessions Attended,

- From Pixels to Progress: Utilizing Imaging Cases to Enhance Education and Optimize Patient Outcomes
- Bracing for Impact: Additional Considerations for Improving Functional Bracing in Pediatrics
- Developmental Foundations: Elevating Parent-Child Relationships in Pediatric Physical Therapy
- Leveraging Collective Efforts to Achieve Jedi in the Profession
- Pediatrics Research Forum Precision Rehabilitation

2024 American Academy of Pediatric Physical Therapy Annual Conference, Providence, RI

- Cindy Miles Keynote Lecture: The Patient Puzzle: Follow the Why? Dr. Mary Massery

- Pediatric Entrustable Professional Activities (EPAs) in professional Physical Therapist Education
- How much? How often? Dosing School-based Physical Therapy Services
- Strategies for Acquisition of Motor Skills in Children with Medical Complexity
- Application of Intensity and Principles of Motor Learning in the School Based setting.

2024 Combined Sections Meeting, American Physical Therapy Association, Boston MA.

Education Sessions Attended,

- How Do You Increase Physical Activity? The Dose Discussion and Debate
- Culturally Responsive Practice With Indigenous Peoples: Storytelling as a Foundation for Building Therapeutic Alliance
- Dianne Cherry Lectureship: Pediatric Education Summits – Striving Toward Excellence in Teaching and Learning

2023 American Academy of Pediatric Physical Therapy Annual Conference, Omaha, NE

- Understanding Pediatric PT Education in various methods of delivery

2023 Combined Sections Meeting, American Physical Therapy Association, San Diego, CA.

Education Sessions Attended,

- Beyond the Brick-and-Mortar Classroom: Legally Sound Innovation in Community-Centered Education
- Be a Changemaker! Facilitating Social Justice in Your Community: Book Club Edition
- Who's Afraid of Wolff's Law? Developmental Movement System Model: Leveraging Multisystemic Plasticity for Long-Term Outcomes
- Physical Activity Measures, Definitions, and Recommendations for Children With CP at GMFCS Levels IV and V
- Dismantling Ableism and Changing the Culture of Disability Within the Physical Therapy Profession, Part 2

#### Professional Education Certified Sessions

May 2021	Diversity, Equity and Inclusion in the Workplace Certificate University of South Florida Office of Corporate Training and Professional Education
November 2019	APTA Pediatric Faculty Institute I & II Anaheim, CA
January 5, 2017	IDEAS to GOALS Conference Stonybrook University, New York
June 26, 2017	DIYAbility Switch adaptation and electric remodeling Instructor: John Schimmel International Academy of Hope (8 Contact Hours)
September 2015	NDT/Bobath Certificate 8 Week Course in the Management and Treatment of Children with Cerebral Palsy and Other Neuromotor Disorders Neuro-Developmental Treatment Association (NDTA),
August 2013	Lois Bly NDT Baby course
February 2008	Lois Bly NDT 1-week Abnormal Development Workshop
Jan – Dec 2007	St. Augustine University, Manual Therapy Courses Upper Extremity 1, Spine 2, Spine 3

**Current Teaching Responsibilities for the Hybrid Pathway**

Year 1 Teaching Responsibilities

- DPTR 5141 Human Growth and Development (Year 1, Semester 2): Course Coordinator/ Instructor
- DPTR 5501 Neuromuscular Conditions I (Year 1, Semester 3): Co-course coordinator/ Instructor

Year 2 Teaching Responsibilities

- DPTR 6503 Neuromuscular Conditions III (Year 2, Semester 5): Lecturer
- DPTR 6404 Musculoskeletal Conditions IV (Year 2, Semester 5): Lecturer

Year 3 Teaching Responsibilities

- DPTR 6504 Neuromuscular Conditions IV (Year 2, Semester 8): Instructor