

Lara Canham, PT, DPT, OCS

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Doctor of Physical Therapy Program, University of Colorado, Anschutz Medical Campus

Education:

University of Colorado Denver, Aurora, CO Doctorate in Physical Therapy 2008 - 2011

University of Notre Dame, Notre Dame, IN Bachelors in Biological Sciences 2004 - 2008

Licensure Information/Registration Number:

Colorado #PTL.0011282

Certifications:

Orthopedic Clinical Specialist (OCS) 2016

Employment and Positions Held:

2022 - Present Physical Therapist, The Colorado Athlete Physical Therapy, Denver, CO.

2015 - 2022 Physical Therapist, Cascade Sports Injury Prevention and Physical Therapy, Arvada, CO

2015 - Present Senior Instructor/Recruitment and Admissions Coordinator, School of Medicine, Physical Therapy Program, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO

2011 - 2015 Physical Therapist/Clinical Instructor, Next Level Sports Performance, Golden, CO

Scholarly Agenda:

To advance holistic admissions within the CU DPT program and the broader physical therapy profession by examining key factors influencing admissions yield, retention, and long-term success. Collaboration with peer institutions supports the study of holistic admissions reviewer teams, assessing their implementation and effectiveness through models that inform best practices. Findings aim to contribute to evidence-based admissions policies through publication and conference presentations, ultimately fostering a more representative physical therapy workforce.

Peer Reviewed Publications:

1. Canham L, Riley E, Wert D. The CHART Model: A Framework for Holistic Admissions Reviewer Training in Physical Therapy Education. *J Phys Ther Educ*. 2025 Dec 15. doi: 10.1097/JTE.0000000000000467. Epub ahead of print. PMID: 41396459.
2. Canham L, Manago M, Dannemiller L, Rapport MJ. Holistic Review in Doctor of Physical Therapy Admissions Can Lead to Enhanced Diversity in Admitted Students, *JOPTE*. 2021;35(3):195-202.
3. Roll M, Canham L, Salamh P, Covington K, Simon C, Cook C. Evaluation of non-cognitive traits of Doctor of Physical Therapy learners in the United States. *J Educ Eval Health Prof*. 2018, 15:19. Published online August 17, 2018.
4. Canham LE, Mintken PE. Large Popliteal Cyst in Patient with Complaint of Posteromedial Knee Pain. *Int J Phys Med Rehabil*. 2016, 4: 356

Peer Reviewed Scientific and Professional Presentations:

National Conferences

1. Riley E, Canham L, Driscoll L. Strategies for Bias Mitigation Training in Holistic Admissions. Education Session Presenter. APTA Educational Leadership Conference (ELC). Oakland, CA, 2024.
2. Canham L, Sawyer E. No Frills; let's talk dollar bills. Discussing finances, from prospective students to graduates. Education Session Presenter. APTA Educational Leadership Conference (ELC). Philadelphia, PA, 2023.
3. Riley E, Canham L, Biggs J, Nanjappa A, Houser J. Holistic Admissions: From Interviews to Infrastructure. a Panel Discussion on Implementation, Successes, and Challenges. Education Session Presenter at APTA Combined Sections Meeting (CSM). San Diego, CA, 2023.
4. Manago M, Canham L, Kinney T, Palmer J. Reliability of a Holistic Admissions Rubric for an Entry-Level Physical Therapist Program. Platform at APTA Combined Sections Meeting (CSM). San Diego, CA, 2023.
5. Canham LE. Holistic Review in Doctor of Physical Therapy Admissions: Evidence Towards Enhancing Diversity. Altus Summit 2022 Presenter. Virtual (presented "Live" via conference platform). 2022.
6. Canham L, Kabia F, McGee P, VanHoose L. All Diversity, Equity, Inclusion Arrows Point to Holistic Review in Admissions: A Panel on Implementation. Education Session Presenter at APTA Combined Sections Meeting (CSM). Virtual (presented "Live" via ZOOM). 2021.
7. Canham L, Manago M, Rapport MJ, Dannemiller L. Using Holistic Review in Admissions: One Program's Evidence Towards Enhancing Diversity. Platform Presenter at APTA Combined Sections Meeting (CSM). Denver, CO, 2020.
8. Roll M, Canham L, Salamh P. Quantifying Non-Cognitive Traits of Learners in a Holistic Admissions. Education Session Presenter at APTA Combined Sections Meeting (CSM). Washington D.C., 2019.
9. Rapport M, Canham L. Conflict Happens: Teaching DPT Students to Think and Engage in Constructive Debate. Education Session Presenter. APTA Education Leadership Conference (ELC). Jacksonville, FL, 2018.
10. Dannemiller L, Rapport M, Canham L. Expanding Diversity in the PT Profession through Purposive Admissions Practices. Education Session Presenter at APTA Combined Sections Meeting (CSM). New Orleans, LA, 2018.

Non-Peer Reviewed / Invited Presentations:

1. Canham L. Making Sense of Strides. Approachable Techniques for Running Analysis. Education Session Presenter at APTA Colorado Chapter Fall Conference. Golden, CO, 2023.
2. Canham L. Run Healthy Workshop. Denver, CO 2023.
3. Canham LE, Clark J, Ewert N, Turner A, Nettik J, Charboneau B. "Wellderness": Panel of Experts [Invited Presenter]. Estes Park, CO 2019.
4. Canham LE, Dudley J. Climbing Mechanics: An Insider's Look [Invited Presenter]. Wilderness Exchange, Denver, CO 2018.
5. Hinrichs L, Canham LE. Shoulder Session at Session 6 [Invited Presenter], Lakewood, CO 2018
6. Dudley J, Canham LE. Mountain Biking [Invited Presenter], Bent Gate Mountaineering, Golden, CO 2016
7. Canham LE. Climbing Mechanics: An Insider's Look [Invited Presenter] Bent Gate Mountaineering, Golden, CO 2016
8. Canham LE. I Hurt! What is Pain? [Invited presenter] Front Range Bootcamp members, Arvada, CO 2015
9. Canham LE. Modifications: To exercise smarter is to know how and when to modify. [Invited presenter] Front Range Bootcamp members, Arvada, CO 2015
10. Canham LE. Climbing Mechanics: An Insider's Look [Invited Presenter] EarthTreks Climbing Gym Staff Members, Golden, CO 2015
11. Canham LE. The Wiggle Phenomena: Why the Hips and Core are so important to cycling. [Invited presenter] Cyclist Lawyer Men and Women's Novice Cycling, Golden, CO 2012
12. Canham LE. The Endurance Athlete: Pushing Beyond the Limits? [Invited presenter/panel discussion member] Foothills Running and Cycling Club members, Golden, CO 2012

Membership in Scientific/Professional Organizations:

American Physical Therapy Association (APTA)	2008- Present
Colorado Physical Therapy Association	2008- Present
Orthopedic Section APTA	2011- Present
Sports Section APTA	2011- Present
Education Section APTA	2018- Present
APTA CO Chapter Awards Committee	2014- Present

Services to the Professional Organizations:

APTA CO Chapter Awards Committee Co-Chair	2020- Present
Co-Founder/Director of Admissions Network within the Academic Faculty SIG in the Academy of Physical Therapy Education of the APTA	SIG in the Academy of Physical Therapy Education of the APTA 2023-Present
Member of ACAPT Task Force on Pre-Admission Observation Hours	2019-2020

Community Service

Jefferson County Trail Patroller	2020-2022
Medical Support, 2019 Arcanum Mile High Games	June 2019
PT Volunteer Preceptor, DAWN Clinic	2016 - 2018
PT Volunteer Preceptor, Student Run Bike Fit Clinic	2014

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

<u>University of Colorado Anschutz</u>	
Member, Anschutz Marketing and Recruitment Committee	2015 - 2022

Services to the Physical Therapy Program

Coordinator, Recruitment and Admissions Committee	2022 – Present
Chair of Admissions, Recruitment and Admissions Committee	2022 – Present
Holistic Admissions Reviewer (and developer)	2016 - Present
Member, Recruitment and Admissions Committee	2015 - 2022
Member, Hidden Curriculum Task Force	2018 - Present
Member, Scholarship and Awards Committee	2019- Present
Board Member, University of Colorado Physical Therapy Alumni Association	2008-2018

Honors and Awards:

APTA Colorado Chapter Bob Doctor Service Award; Sept 2022
“Outstanding Doctor of Physical Therapy Student” for Class of 2011
University of Colorado Anschutz Medical Campus Physical Therapy Program; May 2011

Other Scholarly Products

Creation and implementation of a Holistic Admissions Process specific to CU DPT admissions (including development of a rubric, training of the holistic reviewing team, standardized interview questions/grading criteria and training of the interviewers).

Continuing Education Attended:

Montana Running Lab - Advanced Concepts in Running Injuries. Rich Willy, PT, PhD. Online 2025/2026.

Bone Stress Injuries: Optimizing bone health in runners and managing bone loads during the return to run process. Rich Willy, PT, PhD. Online 2024

Lower Limb Stress Injury Masterclass. Stuart Warden Ph.D., PT, FACSM, FASBMR. Online 2024.

Refining the Running Rehab Journey. Chris Johnson, PT and Jay Dicharry, MPT, SCS. Denver, CO. 2023.

Strength Programming for Runners. Rich Willy, PT, PhD. Online 2023.

APTA Combined Sections meeting. San Deigo, CA. 2023.

Institute of Clinical Excellence (ICE) Rehab of the Injured Runner. Golden, CO. 2022.

The Science and Rehabilitation of Common Running Injuries. Online 2022.

Certified Running Gait Analyst Level 2 Course. Online Spring 2021.

APTA Combined Sections meeting. Online 2021/2022.

Equity Certificate Program. Hosted by the Office of Diversity, Equity, Inclusion, and Community Engagement (CU Anschutz) and Office of Diversity, Equity & Inclusion (CU Denver). Online. Oct/Nov 2020.

APTA Education Leadership Conference. Online. Oct 2020.

National Conference on Race and Ethnicity (NCORE). Online. June 22-26, 2020.

Engaging Online Educator Course. University of CO School of Pharmacy-Online.

APTA Combined Sections Meeting. Denver, CO. Feb 2020.

Certified Running Gait Analyst Course. Denver, CO. Feb 8-9th, 2020.

APTA CO Chapter Fall Conference. Denver, CO: Oct 11-12th, 2019.

Running Rewired. Jay Dicharry, MPT, SCS. Morrison, CO: June 29-30, 2019.

Physical Therapists Can Order Imaging in Colorado: What You Need to Know. David James, PT, DPT, OCS, SCS, Scott Rezac, PT, DPT. Aurora, CO; April 27, 2019.

APTA Combined Sections Meeting. Washington DC. January 2019.

Opioid Education Day. Aurora, CO; September 17, 2018.

APTA Combined Sections Meeting. New Orleans, LA. February 2018.

CU PT 70th Anniversary Educational Sessions. September 7, 2017.

Anatomy Prosection Presentations presented by the Marquette Challenge. Aurora, CO; August 5, 2017.

Imaging 101 for the Ortho/Sport Physical Therapist. David James, PT, DPT, OCS, SCS; Aurora, CO; August 10, 2017.

Transform your Clinical Practice: Integrating Cognitive Behavioral and Motivational Interviewing Skills into Physical Therapy. Kristin Archer, PhD, DPT and Stephen Wegener, PhD, ABPP; Aurora, CO; April 1, 2017.

Innovative Approach to the Cervical and Thoracic Spine. Jeff Ryg, PT, DPT, OCS, ATC, CSCS, FAAOMPT and Kristin Carpenter, PT, DPT, OCS, FAAOMPT; Aurora, CO; March 4, 2017.

APTA Combined Sections Meeting. San Antonio, TX; February 2017.

Manual Therapy for the Hip/Pelvic Region. Denver, CO; November 19, 2016.

EIM Sports Physical Therapy Competencies. Aurora, CO; August 20-21, 2016.

APTA Combined Sections Meeting. Anaheim, CA; February 2016.

CACE Advanced Exercise. David James PT, DPT, OCS, SCS, CSCS and Justin Dudley PT, DPT, SCS; Arvada, CO; December 2015

The Two Sides of Vision: Vision through Life and TBI and Understanding Vision and Stroke. Dr. Michael Sixerud, O.D.; 2015 Colorado Chapter of APTA Fall Symposium

Manual Therapy and Exercise for the Thoracic Spine and Rib Cage. Amy McDevitt PT, DPT, OCS, FAAOMPT; July 22nd, 2015

Are you up to date? Clinical Practice Guidelines applied to everyday practice: Lumbar Spine and Hip. Amy McDevitt PT, DPT, OCS, FAAOMPT, David James PT, DPT, OCS, SCS, CSCS, and Tami Struessel PT, DPT, OCS, MTC; June 13, 2015

Functional Dry Needling Level 1 and 2. Kinetacore; Brighton, CO; Completed March 2015

Current Teaching Responsibilities in the Entry-level Physical Therapy Program:

Fall Semester (semester 2)

DPTR 5101: Movement Science I: Lab Coordinator (Residential)

Fall Semester (semester 5)

DPTR 6102: Movement Science II: Lecturer (Residential and Hybrid)

Spring Semester (semester 6)

DPTR 6713: Professional Development III, Course Coordinator (Residential)

DPTR 6732: Health Care Delivery, Instructor/Grader (Residential)

Summer Semester (semester 7)

DPTR 7212: Running Elective: Coordinator (Residential)

DPTR 7641: Integrated Practice: Instructor (Residential)