



Physical Therapy

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO  
ANSCHUTZ MEDICAL CAMPUS

Curriculum Vitae | Alexander Garbin, PT, DPT, PhD  
May, 2024

## DEMOGRAPHIC INFORMATION

Alexander Garbin, PT, DPT, PhD  
Mailstop C244, 13121 East 17th Avenue, Aurora, CO 80045  
Doctor of Physical Therapy Program, University of Colorado, Anschutz Medical Campus  
Tel: 563-340-7121  
Email: alexander.garbin@cuanschutz.edu

## EDUCATION

*Doctor of Philosophy in Biokinesiology*  
University of Southern California  
08/2021

*Doctorate in Physical Therapy*  
Saint Louis University  
06/2016

*Bachelors*  
Saint Louis University  
Exercise Science; Spanish Minor  
06/2014

## LICENSURE

Physical Therapy  
Colorado  
License No. PTL.0017807

## CERTIFICATIONS

CITI Training for Humans Subjects  
2016-Present

HIPAA Training  
2016-Present

Basic Life Support for Healthcare Providers  
2016-Present

## EMPLOYMENT AND POSITIONS HELD

### Appointments

Assistant Professor  
Physical Therapy Program, University of Colorado Anschutz  
Aurora, CO  
2024-Present

Advanced Research Fellow  
VA Eastern Colorado Geriatric Research, Education and Clinical Center  
Aurora, CO  
2021-Present

Postdoctoral Research Fellow  
University of Colorado Anschutz  
Aurora, CO  
2021-2024

Research Assistant in Neuroplasticity and Imaging Laboratory  
University of Southern California  
Los Angeles, CA  
2018-2021

PhD Student in Biokinesiology  
University of Southern California  
Los Angeles, CA  
2016-2021

### Teaching Activities

Physical Therapy Representative for Program Development  
GeriCare EveryWhere  
University of Colorado Anschutz  
Aurora, CO  
2024-Present

Group Facilitator  
Clinical Reasoning III  
University of Colorado Anschutz  
Aurora, CO  
2024-Present

Instructor  
Evidence Based Practice  
University of Colorado Anschutz  
Aurora, CO  
2023-Present

Teaching Assistant  
Clinical Management of Cardiopulmonary Dysfunction  
University of Southern California  
Los Angeles, CA  
2016-2018

Teaching Assistant  
Clinical Biomechanics  
University of Southern California  
Los Angeles, CA  
2016-2018

Teaching Assistant for Kinesiology  
Saint Louis University  
Saint Louis, MO  
2014

## PEER REVIEWED PUBLICATIONS

### Published

1. Garbin, A. J., & Fisher, B. E. (2023). Examining the role of physical function on future fall likelihood in older adults with a fear of falling, with and without activity restriction. *Journal of Aging and Health*, 08982643231170308.
2. Garbin, A. J., Stevens-Lapsley, J. E., Gritz, R. M., Tucker, C. A., & Bade, M. J. (2023). Long-Term Career Earnings in Academia Might Offset the Opportunity Cost of Full-Time PhD and Postdoctoral Education for Physical Therapists Who Hold a Doctor of Physical Therapy Degree. *Physical Therapy*, 103(4), pzad015.
3. Hooyman, A., Garbin, A., Fisher, B. E., Kutch, J. J., & Winstein, C. J. (2022). Paired associative stimulation applied to the cortex can increase resting-state functional connectivity: A proof of principle study. *Neuroscience Letters*, 784, 136753.
4. Garbin, A., Díaz, J., Bui, V., Morrison, J., Fisher, B. E., Palacios, C., ... & Petzinger, G. (2022). Promoting Physical Activity in a Spanish-Speaking Latina Population of Low Socioeconomic Status With Chronic Neurological Disorders: Proof-of-Concept Study. *JMIR Formative Research*, 6(4), e34312.
5. Garbin, A. J., & Fisher, B. E. (2022). The interplay between fear of falling, balance performance, and future falls: data from the National Health and Aging Trends Study. *Journal of Geriatric Physical Therapy*.
6. Ringman, J. M., Qiao, Y., Garbin, A., Fisher, B. E., Fogel, B., Watari Knoell, K., ... & Rexach, J. E. (2020). Emotional detachment, gait ataxia, and cerebellar dysconnectivity associated with compound heterozygous mutations in the SPG7 gene. *Neurocase*, 26(5), 299-304.
7. Hooyman, A., Garbin, A., & Fisher, B. (2019). Paired associative stimulation rewired: A novel paradigm to modulate resting-state intracortical connectivity. *Journal of Motor Learning and Development*, 8(1), 174-193.

### Submitted

8. Garbin, A.J., Falvey, J., Cumbler, E., Derlein, D., Nordon-Craft, A., Schwartz, R., Olivos, M., Forster, J., Mangione, K., Stevens-Lapsley, J., Progressive Multicomponent Intervention for Older Adults in Home Health Settings Following Hospitalization: Randomized Clinical Trial. *Accepted at Physical Therapy*.
9. Tran, M.\*, Garbin A.J.\*, Graber, J., Derlein, D., Altic, R., Cumbler, E., Forster, J.E., Mangione, K.K., Stevens-Lapsley, J.E., Improving function in older adults with hospital-associated deconditioning: Comparison of a randomized controlled trial to real world practice. *In revision at Physical Therapy*.
10. Garbin, A.J., DeVone, F., Bayer, T.A., Stevens-Lapsley, J., Abul, Y., Singh, M., Leeder, C., Halladay, C., McConeghy, K.W., Gravenstein, S., Rudolph, J.L., Changes in physical function and physical therapy use in older Veterans not infected by CoVID-19 residing in Community Living Centers during the CoVID-19 pandemic, *In revision at JAMDA*.
11. Singh, M., DeVone, F., Bayer, T.A., Abul, Y., Garbin, A.J., Leeder, C., Halladay, C., McConeghy, K.W., Gravenstein, S., Rudolph, J.L., Association of wandering with SARSCoV-2 infection in VA CLC residents, *Submitted to JAMDA*.
12. Bayer, T.A., DeVone, F., Singh, M., Leeder, C., Garbin, A.J., Halladay, C., McConeghy, K.W., Gravenstein, S., Rudolph, J.L., Change in Distressed Behavior in Dementia During the COVID-19 Pandemic in Veterans Affairs Community Living Centers, *In revision at MDPI Geriatrics*

13. Rauzi, M.R., Abbate, L.M., Churchill, L., Garbin, A.J., Forster, J.E., Christiansen, C.L., Stevens-Lapsley, J.E., Multicomponent telerehabilitation program for veterans with multimorbidity: a randomized controlled feasibility study, *Submitted to Journal of Behavioral Medicine*

\*Indicates co-first authorship

## PEER REVIEWED PROFESSIONAL PRESENTATIONS

1. Bade, M.J., Stevens-Lapsley, J.E., Tucker, C., Garbin, A.J., The Value of Post-Professional Residency, Fellowship, and PhD Training. Session at American Physical Therapy Association Combined Sections Meeting: Boston, MA; February 2024.
2. Tran M.K., Garbin A.J., Goodhart B., Grupenhoff E., Downey K., Gonzalez-Plazola J., Nordon-Craft A., Derlein D., Forster J.E., Mangione K.K., Stevens-Lapsley J. Frailty Relationship with Usual Gait Speed Following Hospitalization with Home Health Care. Platform Presentation at American Physical Therapy Association Combined Sections Meeting: Boston, MA; February 2024.
3. Tran M.K., Garbin A.J., Graber J., Derlein D., Currier D., Altic R., Will R., Cumbler E., Forster J., Mangione K.K., Stevens-Lapsley J. Improving Function of Older Adults with Hospital-Associated Deconditioning: Comparison to Real World Practice. Platform Presentation at American Physical Therapy Association Combined Sections Meeting: Boston, MA; February 2024.
4. Johnson T, Garbin A., Allison C, Dahal C, Hill J, Stevens-Lapsley J, Jones B, Lum H. Implementing an automated gait speed measure in a geriatric clinic and the impact on clinic workflow. AGS 2023 Annual Scientific Meeting, May 2023. Selected for an oral paper session.
5. Singh, M., Bayer, T., Garbin, A., Leeder, C., Living with the COVID-19 Pandemic: Effect on VA CLC residents. Post-Acute and Long-Term Care Medicine (PALTC). March 2023.
6. Garbin, A. J., Derlein, D., Currier, D., Falvey, J. R., Forster, J. E., Stutzbach, J., ... & Stevens-Lapsley, J. E., Improving Function in Older Veterans with Hospital-Associated Deconditioning: A Randomized Controlled Trial. American Physical Therapy Combined Sections Meeting (CSM). February 2023. Selected for a platform presentation.
7. Garbin AJ, Fisher BE, Identifying Sources of Fall Risk in Older Adults with a Fear of Falling. American Physical Therapy Combined Sections Meeting (CSM). February 2022.
8. Abdulmasih J, Chung M, Garbin AJ, Fisher BE, Optimizing Fall Risk Reduction in Older Adults with a Fear of Falling Requires a Multifactorial Approach. American Physical Therapy Combined Sections Meeting (CSM), February, 2021.
9. Dakan M, Munk M, Garbin AJ, Fisher BE, Ringman J, Neuroanatomical and neurophysiological correlates of cognition in Autosomal Dominant Alzheimer's Disease related mutations. American Physical Therapy Combined Sections Meeting (CSM), February, 2021
10. Garbin AJ, Yassa SN, Fisher BE, Determining Brain-Behavior Changes Secondary to an Internal Focus during Standing: A Preliminary Study, American Physical Therapy Combined Sections Meeting (CSM), Denver, CO, February, 2020
11. Axelrod J, Garbin AJ, Chung Y-C, Yassa SN, Ridgel AL, Fisher BE, Effects of cycling cadence variability on motor function and cortical inhibition in Parkinson's disease, American Physical Therapy Combined Sections Meeting (CSM), Denver, CO, February, 2020
12. Ridgel AL, Garbin AJ, Chung Y-C, Axelrod J, Yassa SN, Fisher BE, Effects of cycling cadence variability on motor function and cortical inhibition in Parkinson's disease, Society for Neuroscience (SfN), Chicago, IL, November, 2019
13. Garbin AJ, Kuo Y, Sweeney MD, Fisher BE, Ringman JM, Neurophysiologic Correlates of PSEN1 mutation-related spastic Paraparesis, Alzheimer's Association International Conference (AIC), Los Angeles, CA, July, 2019
14. Hooyman AM, Garbin AJ, Fisher BE, Kutch, JJ, Winstein, CJ, Can Paired Associative Stimulation be used to Modulate Resting-State Intracortical Connectivity? American Society of Neurorehabilitation (ASNR) Annual Meeting, San Diego, CA, November 2018

15. Garbin AJ, Hooyman AM, Kutch JJ, Fisher BE, Combining non-invasive brain technologies to detect and stimulate brain activity, Society for Neuroscience (SfN) Annual Meeting, San Diego, CA, November 2018.

## INVITED PRESENTATIONS

### National

1. Singh, M., Bayer, T., Garbin, A., Leeder, C., Living with the COVID-19 Pandemic: Effect on VA CLC residents. The Geriatric & Extended Care Data & Analysis Center (GECDAC) Seminar. March 2023.

### Local

2. Garbin A.J., Reducing dysmobility and fall risk in older Veterans. Eastern Colorado Research & Development Committee, March 2024.
3. Garbin A.J., A model for triaging high fall risk patients seen in primary care settings based on assessment of risk factors, Older Veteran Engagement Group, February 2023
4. Garbin A.J., Stevens-Lapsley, J.E., Implementation of a walking speed initiative ACCORDS Dissemination and Implementation Works in Progress, August 2021
5. Garbin A.J., Stevens-Lapsley, J.E., Implementation of a walking speed initiative, Older Veteran Engagement Group, August 2021
6. Garbin A.J., Yassa S.N., Fisher B.E., Determining Brain-Behavior Changes Secondary to an Internal Focus during Standing, Research Day at University of Southern California, Los Angeles, CA, 2019
7. Garbin A.J., Kutch J.J., Fisher B.E., Combining non-invasive brain technologies to detect and stimulate brain activity. Research Day at University of Southern California, Los Angeles, CA, 2018.
8. Garbin A.J., Naismith R.T., Wagner J.M., Postural sway, clinical disability, and self-perceived limitations in balance and walking in persons with multiple sclerosis. Senior Symposium at Saint Louis University, Saint Louis, 2014.

## GRANT ACTIVITY

### Funded

Alexander Garbin (PI), Jennifer Stevens-Lapsley (Mentor)

Role: PI

\$29,417

*Understanding fall risk identification and management within VA primary care: a mixed methods study*

This project aims to estimate the prevalence of falls, fall risk, and fall risk factors in older Veterans seen within GeriPACT clinics as well as Veterans' and providers' perceptions of falls and fall risk management.

Award period: 10/01/23-09/31/24

Awarded by: VA Boston Healthcare System (Rehabilitation Promoting Prevention and Improved Resilience REAP Pilot Research Award)

Hillary Lum (PI); Jennifer Stevens-Lapsley (Co-PI)

Role: Co-I

\$21,497.60

*Gait speed screening initiative: To identify older adults with lower functional status at risk of falls*

This quality improvement project aims to implement regularly gait speed measurements at the UCHealth Seniors Clinic to identify patients in need or rehabilitation to reduce the risk of falls and/or

hospitalizations.

Award period: 08/01/22-01/31/24

Awarded by: Institute for Healthcare Quality, Safety, and Efficacy Clinical Effectiveness and Patient Safety Program.

Alexander J. Garbin (PI); Jennifer Stevens-Lapsley (Mentor); Kathryn Nearing (Mentor); Lauren Abbate (Mentor).

Role: PI

\$50,801/year

*Gait Speed Screening Initiative: To Identify Veterans at Risk of Losing Independence.*

The project within this training grant aims to implement routine assessment of gait speed measurement to improve early recognition of functional decline and facilitate early and appropriate interventions to enhance Veterans' quality of life and health status.

Award Period 07/1/21-06/30/24.

Awarded by: Department of Veterans Affairs Office of Academic Affiliations (VA Fellowship in Advanced Geriatrics)

## RESEARCH ACTIVITY

### Current

Alexander J. Garbin, PT, DPT, PhD; Jennifer Stevens-Lapsley, PT, PhD, FAPTA

Development of a VA-specific fall risk identification and management model to reduce falls in older Veterans

Alexander J. Garbin, PT, DPT, PhD; Jennifer Stevens-Lapsley, PT, PhD, FAPTA; Hillary Lum, MD, PhD

Gait speed screening initiative: To identify older adults with lower functional status at risk of falls

Alexander J. Garbin, PT, DPT, PhD; Jennifer Stevens-Lapsley, PT, PhD, FAPTA

Gait speed screening initiative to identify older veterans at risk of losing independence

Alexander J. Garbin, PT, DPT, PhD; James L. Rudolph, MD

Examining impact of the COVID-19 pandemic on physical function and physical therapy utilization of Veteran's residing in Community Living Centers

### Completed

Alexander J. Garbin, PT, DPT, PhD; Jennifer Stevens-Lapsley, PT, PhD, FAPTA; Michael Bade, PT, DPT, PhD, OCS, FAAOMPT; Mark Gritz, PhD; Carole Tucker, PT, PhD

Examination of the opportunity cost and impact on long-term career earning potential for physical therapists pursuing a PhD

Alexander J. Garbin, PT, DPT, PhD; Beth E. Fisher, PT, PhD, FAPTA

Identifying sources of fall risk in older adults with a fear of falling

## MEMBERSHIP IN SCIENTIFIC/PROFESSIONAL ORGANIZATIONS

American Physical Therapy Geriatrics Section  
2021-Present

American Physical Therapy Research Section  
2013-Present

Movement Disorder Society  
2018-Present

Society for Neuroscience  
2018-Present

## **COMMUNITY SERVICE**

Free From Falls Program, Multiple Sclerosis Society  
2012-2014

## **SERVICES/COMMITTEES/COUNCILS/COMMISSIONS**

VA Eastern Colorado Health Care System  
Age-Friendly Committee  
Coordinator  
2021-Present

University of Colorado Anschutz  
Post-acute care Committee  
2021-2023

University of Southern California Biokinesiology Student Council  
Neuro Representative  
2017-2018

## **HONORS AND AWARDS**

The Order of Arête  
University of Southern California  
2021

Balance and Falls Best Poster in Basic or Applied Research  
Academy of Neurologic Physical Therapy, Combined Sections Meeting  
2020

First Place – Biokinesiology PhD Students, Annual Research Day  
University of Southern California Herman Ostrow School of Dentistry  
2019

Award for Most Outstanding Poster, Jacquelin Perry Research Day  
University of Southern California Division of Biokinesiology  
2019

Certificate of Excellence in Research, Program of Physical Therapy  
Saint Louis University  
2016

Home Health Foundation Award

Visiting Nurse Foundation  
2014

Magna Cum Laude  
Saint Louis University  
2014

Dean's List  
Saint Louis University  
2011-14

## **COURSE DEVELOPMENT**

GeriCare EveryWhere  
University of Colorado Anschutz, 2024-Present

Geriatric Scholars Program: Conference on Physical Function and the Quality Improvement course,  
Rocky Mountain Regional VAMC, 2022-2023.

## **COURSES/CONFERENCES ATTENDED**

American Physical Therapy Combined Sections Meeting  
2024

American Physical Therapy Combined Sections Meeting  
2023

Post-acute Long Term Care Conference (PALTC23)  
2023

American Physical Therapy Combined Sections Meeting  
2023

American Physical Therapy Combined Sections Meeting  
2022

American Physical Therapy Combined Sections Meeting  
2020

American Physical Therapy NEXT Conference and Exposition  
2019

Create a Culture of Mobility in Acute Care  
2018