



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

Research Health Science Specialist
Rocky Mountain Regional VA Medical Center
Aurora, CO
2024-Present

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
2021-2024

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

PEER REVIEWED PUBLICATIONS

Published

1. Hartz, S., Garbin, A., McGuire, C., Steagall, J., McCauliff, J., & Nearing, K. A. (2025). Establishing First Age-Friendly Health System Tele-Palliative Care Clinic–Facilitators, Challenges, Lessons Learned to Improve Care for Rural, Older Veterans. *INQUIRY: The Journal of Health Care Organization, Provision, and Financing*, 62, 00469580251352727.
2. Bayer, T. A., DeVone, F., Singh, M., Leeder, C., Garbin, A., Halladay, C., ... & Rudolph, J. L. (2025). Change in Distressed Behavior in Dementia During the COVID-19 Pandemic in Veterans Affairs Community Living Centers. *Journal of the American Medical Directors Association*, 26(9), 105752.
3. Benz, M. B., Rudolph, J. L., DeVone, F., Bayer, T. A., Garbin, A., Singh, M., ... & Browne, J. (2025). Depressive Symptoms Before and During the COVID-19 Pandemic in Veteran Nursing Home Residents. *International Journal of Geriatric Psychiatry*, 40(6), e70108.
4. Mangione, K. K., Ni, W., Wolff, E., Garbin, A. J., You, X., Stevens-Lapsley, J., & Craik, R. L. (2025). Does Exhaustion Affect Functional Improvement in Older Adults Receiving Home-Based Rehabilitation?. *Home Health Care Management & Practice*, 10848223251334738.
5. Rauzi, M. R., Abbate, L. M., Churchill, L., Garbin, A. J., Forster, J. E., Christiansen, C. L., & Stevens-Lapsley, J. E. (2025). Multicomponent telerehabilitation program for veterans with multimorbidity: A randomized controlled feasibility study. *PM&R*, 17(5), 548-562.
6. Tran, M. K., Garbin, A. J., Nordon-Craft, A., Will, R., Forster, J. E., Stevens-Lapsley, J., & Mangione, K. K. (2025). Impact of Home Health Treatment Elements on Older Adult Physical Function Recovery: Secondary Analysis of Two Randomized Controlled Trials. *Home Health Care Management & Practice*, 10848223251326881.
7. Garbin, A. J., Falvey, J. R., Cumbler, E., Derlein, D., Currier, D., Nordon-Craft, A., ... & Stevens-Lapsley, J. E. (2024). Progressive multicomponent intervention for older adults in home health settings following hospitalization: randomized clinical trial. *Physical therapy*, 104(12), pzae169.
8. Garbin, A. J., Tran, M. K., Graber, J., Derlein, D., Currier, D., Altic, R., ... & Stevens-Lapsley, J. E. (2024). Improving function in older adults with hospital-associated deconditioning: lessons learned comparing a randomized controlled trial to real world practice. *Physical Therapy*, 104(12), pzae173.

9. Singh, M., DeVone, F., Bayer, T., Abul, Y., Garbin, A., Leeder, C., ... & Rudolph, J. L. (2024). Wandering Behavior and SARS-CoV-2 Infection in Veterans Affairs Community Living Center Residents. *Journal of the American Medical Directors Association*, 25(8), 105101.
10. Garbin, A. J., DeVone, F., Bayer, T. A., Stevens-Lapsley, J., Abul, Y., Singh, M., ... & Rudolph, J. L. (2024). 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. *Journal of the American Medical Directors Association*, 25(9), 105120.
11. 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.
12. 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.
13. 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.
14. 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.
15. 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*.
16. 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.
17. 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.

PEER REVIEWED PROFESSIONAL PRESENTATIONS

1. Fall Risk Factor Screening and Management Using Virtual Platforms, Prevalence, and Perceptions. Garbin, A. Gerontological Society of America 2024 Annual Meeting. Seattle, WA.
2. Strategies and Outcomes of Gait Speed Implementation in a Geriatric Primary Care Clinic. Garbin, A., Johnson, T., Allison, C., Lum, H. Gerontological Society of America 2024 Annual Meeting. Seattle, WA.
3. Closing the Research to Clinical Practice Gap: Using Implementation Science to Empower Clinicians and Researchers. Stevens-Lapsley, J., Hinrichs-Kinney, L., Pontiff, M., Garbin, A., O'Malley, S. 2025 Combined Sections Meeting. Houston, TX.
4. 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.
5. 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.
6. 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.

7. 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.
8. 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.
9. 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.
10. 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.
11. Abdulmasih J, Chung M, Garbin AJ, Fisher BE, . American Physical Therapy Combined Sections Meeting (CSM), February, 2021.
12. 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
13. 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
14. 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
15. 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
16. 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
17. 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
18. 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. Long Term Services and Supports Research Network. May 2023.
2. 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

1. Garbin A.J., Identifying and reducing fall risk. Geriatric Scholars Program: Conference on Physical Function and the Quality Improvement course, Rocky Mountain Regional VAMC, April 2024.
2. Garbin A.J., Identifying and reducing fall risk. Senior Planet from AARP, March 2024.
3. Garbin A.J., Reducing dysmobility and fall risk in older Veterans. Eastern Colorado Research & Development Committee, March 2024.

4. 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
5. Garbin A.J., Stevens-Lapsley, J.E., Implementation of a walking speed initiative ACCORDS Dissemination and Implementation Works in Progress, August 2021
6. Garbin A.J., Stevens-Lapsley, J.E., Implementation of a walking speed initiative, Older Veteran Engagement Group, August 2021
7. 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
8. 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.
9. 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

Active

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

Role; PI

\$1,208,562

Development of a Fall Risk Identification and Management Model for Older Veterans

This project aims to refine and assess the feasibility of a multifactorial fall prevention model for older Veterans seen within VHA primary care.

Award period: 10/01/24-09/30/29

Awarded by: VA RR&D Career Development-2 Award

Completed

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: 10/01/23-09/30/24

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 UCHHealth 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

Completed

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

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 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
Rocky Mountain Geriatrics Conference Planning Committee
2024

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.