



Tamara S. Struessel, PT, DPT, OCS, MTC
13121 East 17th Avenue, Mailstop C244,
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303-724-9140
Doctor of Physical Therapy Program
University of Colorado, Anschutz Medical Campus

Employment and Positions Held:

2020-present Associate Professor, Physical Therapy Program, University of Colorado
Anschutz Medical Campus, Primary Appointment
Clinical position (20% FTE)

- Evolution PhysioPro, Denver, CO 2018-present

2013 - 2020 Assistant Professor, Physical Therapy Program, University of Colorado
Anschutz Medical Campus, Primary Appointment

Clinical position (20% FTE)

- Evolution PhysioPro, Denver, CO 2018-present

2009 - 2013 Senior Instructor, Physical Therapy Program, University of Colorado,
Anschutz Medical Campus

- Lohi Physical Therapy, Denver, CO 2009-2018

2006 – 2009 Instructor, Physical Therapy Program, University of Colorado,
Anschutz Medical Campus

2004 – 2007 Fellow, Physical Therapy Program, University of Colorado, Anschutz Medical
Campus

- Champion Physical Therapy, Denver, CO 2004-2009

2004 - 2005 Clinic Director/Physical Therapist, Denver Physical Therapy

1995 – 2004 Clinic Director/ Physical Therapist, Brookside Physical Therapy

Education:

University of Colorado, Denver, CO	Doctor of Physical Therapy	2006
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Rocky Mountain University, Provo, UT	MS in Physical Therapy	2002
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University of Pittsburgh, Pittsburgh, PA	BS in Physical Therapy	1991
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Licensure Information/Registration Number:

Colorado #PTL.0004211

Certifications:

Recertification: Orthopedic Clinical Specialist (OCS)-APTA Board of Specialties, 2024-2034

Evidence In Motion (EIM) Certification in Hybrid Learning, Completed November 2023

Evidence In Motion (EIM) Level II Dry Needling Certification, October 2020

TeamSTEPPS Master Trainer Certification, 2019

Evidence In Motion (EIM) Level I Dry Needling Certification, October 2018

Recertification: Orthopedic Clinical Specialist (OCS)-APTA Board of Specialties, 2013 - 2024

Certified Clinical Educator-APTA, Regis University, Denver, CO, 2004

Orthopedic Clinical Specialist (OCS)-APTA Board of Specialties, 2003 - 2013

Certificate in Manual Therapy (MTC), University of St. Augustine for Health Sciences, St. Augustine, FL, 1999

Functional Capacity Evaluation Certification, Isernhagen Work Systems, 1997

Scholarly Agenda:

Priority areas for scholarship include engagement and joy in work within physical therapy, and healthcare system factors such as organizational culture and its impact on patient safety and clinician well-being.

Peer Reviewed Publications:

In Process:

1. Sawyer E, Reinking M, Eigsti H, Struessel T. DPT Student Financial Literacy: A Multicenter Cross Sectional Study of student knowledge and preparation. April 2025

In Publication:

1. Gann EJ, Manago M, Struessel T. Upper extremity blood-flow restriction training applied during walking in an adult with a rare form of spina bifida: a case report. In publication *Physiotherapy Theory and Practice*. April 2025. <https://doi.org/10.1080/09593985.2025.2490044>

Completed:

2. Sawyer E, Reinking M, Eigsti H, Struessel T. A Financial Literacy Pilot Project: Are Entering DPT Students Prepared to Manage Their Debt? *Journal of Allied Health*. Fall 2024; 53(3):196–202. <https://pubmed.ncbi.nlm.nih.gov/39293006/>
3. Graber J, Churchill L, Struessel T, O'Malley S, Bade M, Stevens-Lapsley J. Developing usage guidelines for outpatient rehabilitation after total knee arthroplasty: A Delphi study. *J Ortho Sports PT* 2023: doi: <https://www.jospt.org/doi/10.2519/jospt.2023.11840>
4. Carmichael, J., Flynn, S., Struessel, T., Bini, S., Bade, M. Stevens-Lapsley, J. Assessment of a Downloadable Application with Avatar Guidance for PT-Prescribed Home Exercise after Total

- Knee Arthroplasty: A 30-Day Usability and Feasibility Study. *Advances in Aging Research*, 11, 98-115. July 2022. <https://doi.org/10.4236/aar.2022.114008>
5. Struessel T, Sleddons N, Jones K. Quality Improvement in physical therapy education: A Scoping Review. *Physical Therapy*. June 2022. <https://doi.org/10.1093/ptj/pzac012>
 6. Burns M, Struessel T. Language discordance and telephone interpretation complicates Pain Neuroscience Education in physical therapy management of a patient with acute low back pain. *Internet Journal of Allied Health Sciences and Practice*. January 2022. <https://nsuworks.nova.edu/ijahsp/vol20/iss1/10/>
 7. Adams, R, Dudley J, Struessel T. Physical therapy to address fall risk in an individual with neurofibromatosis. *Physiotherapy Theory and Practice*. January 2021. <https://pubmed.ncbi.nlm.nih.gov/33497265/>
 8. Struessel T, VanZytveld C, Forster J, Gisbert R, Nordon-Craft A. Knowledge and attitudes of physical therapy students across a longitudinal healthcare systems-focused patient safety curriculum. *Journal of Allied Health*. May 2020. (Winner J. Warren Perry Award for best reviewed article of the year) <https://pubmed.ncbi.nlm.nih.gov/32469370/>
 9. Kohl K, Ferguson T, O'Malley S, Struessel T. A Community-dwelling Older Adult with Concurrent Human Immunodeficiency Virus, Type 1 Diabetes Mellitus and Peripheral Neuropathy: A Case Report. *Internet Journal of Allied Health Sciences and Practice*. 2019:17(2), Article 14.
 10. Struessel T, Forster J, VanZytveld C. Doctor of Physical Therapy Student Experiences During Clinical Education: Patient Safety, Error, and the System. *Journal of Physical Therapy Education*. 2019:33(1),3-15.
 11. Bade M, Struessel T, Paxton R, Winters J, Baym C, Stevens-Lapsley J. Performance on a clinical quadriceps activation battery is related to a laboratory measure of activation and recovery after total knee arthroplasty *Archives of Physical Medicine and Rehabilitation*. July 2017.
 12. Bade M, Struessel T, Dayton M, Foran J, Kim R, Miner T, Wolfe P, Kohrt W, Dennis D, Stevens-Lapsley J. Early High-Intensity versus Low-Intensity Rehabilitation after Total Knee Arthroplasty: A Randomized Controlled Trial. *Arthritis Care & Related Research*. Sept 2017.
 13. Struessel T, Nordon-Craft A. A Case Report Describing Multiple System Effects of Breast Cancer, Bilateral Mastectomy and Reconstruction: Implications for Physical Therapist Practice. *Journal of Women's Health Physical Therapy*. Jan/Apr 2017.
 14. Struessel T, Rodriguez J, VanZytveld. Advocating for a Systems Approach to Enhance Patient Safety in Physical Therapy Practice. *Health Policy Administration-Professionalism Administration Leadership*. January 2017.
 15. VanZytveld C, Rodriguez J, Struessel T. Lessons Learned from a Major Near Miss: A Case Report Including Recommendations to Improve Future Patient Safety in Rehabilitation.

IJAHS. July 2016.

16. Struessel T, Balter JE, Stevens-Lapsley JE. Does Delay in Total Knee Arthroplasty Impact Performance? A Case-Based Illustration. *J Knee Surg*. 2013 Dec; 26 Suppl 1:S081-8.
17. Struessel T, Carpenter K, May J, Weitzenkamp, D, Sampey E, Mintken P. Student Perception of Applying Joint Manipulation Skills during Physical Therapist Clinical Education: Identification of Barriers. *Journal of Physical Therapy Education*. 26(2): Spring 2012.

Peer Reviewed Abstracts

1. Sawyer E, Reinking M, Gorman I, Eigsti H, Struessel T. Financial Literacy: Are Matriculating DPT Students Prepared to Manage Their Debt? Educational Leadership Conference. Combined Sections Meeting. Boston, MA. Feb. 2024.
2. Hernandez M., Richardson V, Struessel T. The (Un)grading approach in a Capstone course: Is the Master Adaptive Learner in our sights? APTA Educational Leadership Conference. Philadelphia, PA. Oct. 2023.
 - a. Winner of Physical Therapy Learning Institute (PTLI) Influencer Award given for a presentation that has the potential to have a positive influence toward excellence in PT education and is consistent with the vision and mission of PTLI.
3. Gann EJ, Manago M, Struessel T. Upper-Extremity Blood-Flow Restriction Training during Lofstrand Walking in a Person with Diastematomyelia: A Case Report. Colorado Chapter APTA Annual Meeting. Golden, CO. Oct, 2023.
4. Hansen S, Mann S, Struessel T. Down Syndrome with Ligamentous Laxity: Medial Patellofemoral Ligament Reconstruction Rehabilitation in an 18-Year-Old Dancer. Combined Sections Meeting. San Diego, CA. Feb. 2023.
5. Hansen S, Mann S, Struessel T. Down Syndrome with Ligamentous Laxity: Medial Patellofemoral Ligament Reconstruction Rehabilitation in an 18-Year-Old Dancer. Colorado APTA Fall Conference, Breckenridge, CO. Sept 2022.
6. Struessel, T (presenting author) Carmichael, Joel; Flynn, S; Bini, S; Bade, M; Stevens-Lapsley, J. App-based Home Exercise after Total Knee Arthroplasty: A Randomized Pilot Study. Colorado APTA Fall Conference, Breckenridge, CO. Sept 2022.
7. Sawyer E; Gorman I; Eigsti H; Struessel T. Financial Literacy: Are Matriculating DPT Students Prepared to Manage Their Debt? Educational Leadership Conference. Milwaukee, WI. Oct. 28-30, 2022.
8. Magnusson D, Smith A, Struessel T, Lorimer I, Moseley O, Dannemiller L. Addressing Social and Structural Determinants of Health through a Community of Learning Cases.” 10th Annual AME Education and Innovation Symposium. March 2, 2022
9. Carmichael, Joel; Flynn, S; Struessel, T; Bini, S; Bade, M; Stevens-Lapsley, J. App-based Home Exercise after Total Knee Arthroplasty: A Randomized Pilot Study. APTA CSM San Antonio, TX. Feb 2022.
10. Struessel T (presenting author) Sawyer E; Gorman I; Eigsti H; Financial Literacy: Are Matriculating

DPT Students Prepared to Manage Their Debt? Colorado Chapter APTA Rocky Mountain Conference and PT Expo. September 2021.

11. Struessel T, Van Zytveld C, Forster J, Gisbert R, Nordon-Craft A. Knowledge and Attitudes of Physical Therapy Students across a Longitudinal Healthcare Systems-Focused Patient Safety Curriculum. Combined Sections Meeting. Feb.15, 2020.
12. Struessel T, VanZytveld C. Doctor of Physical Therapy Student Experiences during Clinical Education: Patient Safety, Error, and the System. Colorado Chapter APTA Annual Conference. Denver, CO. Oct. 11, 2019.
13. Struessel T, VanZytveld C. Doctor of Physical Therapy Student Experiences during Clinical Education: Patient Safety, Error, and the System. UCHHealth 20th Annual Rehabilitation Symposium. Aurora, CO. April 18, 2019.
14. Struessel T; Reina L; Sage L; Nordon-Craft A. Better Together: Over 10 years of Student PT/PTA Collaborative Learning. APTA CSM New Orleans, LA. Feb. 2018.
15. Struessel T, Van Zytveld C. Student experiences with error reporting during clinical education. APTA CSM. New Orleans, LA. Feb. 2018
16. Burkhardt S, Van Zytveld C, Struessel T. Cognitive, Neurologic, and Processing Challenges and Strategies after Hip Hemiarthroplasty of an Adult with Sturge-Weber Syndrome. APTA CSM New Orleans, LA. Feb. 2018.
17. Christensen J, Kittelson A, Loyd, B, Forster J, Struessel T, DelGiorno J, Thigpen C, Stevens-Lapsley J. Characteristics of a young, low functioning phenotype in total knee arthroplasty rehabilitation. APTA CSM New Orleans, LA. Feb. 2018.
18. Sawyer E, McDevitt A, Struessel T. Mission Possible: Maximizing Student Engagement In Your Business Content. New Orleans, LA APTA CSM Feb. 2018.
19. Struessel T; Reina L; Sage L; Nordon-Craft A. Better Together: Over 10 years of Student PT/PTA Collaborative Learning. APTA Colorado Chapter. Keystone, CO. Oct. 2017.
20. Struessel T, Van Zytveld. Student experiences with error reporting during clinical education. APTA Colorado Chapter. Keystone, CO. Oct. 2017.
21. Bade M, Struessel T, Dennis D, Foran M, Kim R, Miner T, Dayton, Stevens-Lapsley J. High-Intensity versus Low-Intensity Rehabilitation after Total Knee Arthroplasty: A Randomized Controlled Trial. Colorado APTA Conference, Keystone, CO. April 16, 2016.
22. Van Zytveld C; Struessel T; Rodriguez J. The Contribution of Latent Healthcare System Factors to the Delayed Diagnosis of Thrombotic Complications in a Young Male. Spring Conference, Colorado Chapter APTA. Keystone, CO; April 2016.
23. Dennis D, Bade M, Foran M, Kim R, Miner T, Dayton , Struessel T, Stevens-Lapsley J. The Relation of Hip Abductor Strength To Functional Performance Pre- And Post-Total Knee Arthroplasty. American Academy of Hip and Knee Surgeons Annual Conference March 1-4, 2016.

24. Dennis D, Bade M, Foran M, Kim R, Miner T, Dayton , Struessel T, Stevens-Lapsley J. High-Intensity versus Low-Intensity Rehabilitation after Total Knee Arthroplasty: A Randomized Controlled Trial. American Academy of Hip and Knee Surgeons Annual Conference, Orlando, FL. March 1-4, 2016.
25. Bade M, Dennis D, Foran M, Kim R, Miner T, Dayton , Struessel T, Stevens-Lapsley J. High-Intensity versus Low-Intensity Rehabilitation after Total Knee Arthroplasty: A Randomized Controlled Trial. Combined Sections Meeting, APTA. Anaheim, CA; February 2016.
26. Mahler S; Struessel T; McDevitt A. Initial Implementation of a Student Project Aimed to Promote the Utilization of Direct Access Physical Therapy Services within a Large Health Care System. Combined Sections Meeting, APTA. Anaheim, CA; February 2016.
27. Van Zytveld C; Struessel T; Rodriguez J. The Contribution of Latent Healthcare System Factors to the Delayed Diagnosis of Thrombotic Complications in a Young Male. Combined Sections Meeting, APTA. Anaheim, CA; February 2016.
28. Chow, Ming-Lee ; Struessel T, Sawyer E. From Classroom to Clinic: A Student Initiated, Community-Based Boxing Program for People with Parkinson Disease. Combined Sections Meeting, APTA. Anaheim, CA; February 2016.
29. Bird, A; Struessel T. Surgical Repair with Allograft for Chronic Proximal Hamstring Avulsion in an Older Adult: Considerations for Physical Therapist Management. Combined Sections Meeting, APTA. Anaheim, CA; February 2016.
30. Loyd B; Jennings J; Baym C; Dennis D; Struessel T; Judd D; Wolfe P; Stevens-Lapsley J. The relation of hip abductor strength to functional performance before and after TKA. Combined Sections Meeting, APTA. Anaheim, CA; February 2016.
31. Struessel T; Miller KE; Wolfe P; Stevens-Lapsley J. Choice between Severity Modifiers in Functional Limitation Reporting/G code Categorization: Does the Functional Measure Matter? Combined Sections Meeting, Indianapolis, IN. February 2015. Funding: NIH ROI HD065900 NIH K23 AG029978
32. Struessel T; Miller KE; Paxton, R; Stevens-Lapsley J Comparing two methods of quantifying home exercise program adherence in a research trial Combined Sections Meeting, Indianapolis, IN. February 2015. Funding: NIH ROI HD065900 NIH K23 AG029978
33. Rothe R, Struessel T. Is the Quadriceps Tendon Autograft a Viable Surgical Option for an Athlete Following Anterior Cruciate Ligament Injury? Combined Sections Meeting, Indianapolis, IN. February 2015.
34. Tsukamaki B; Struessel T; Sawyer E. Monitoring for Cardiovascular Risk in the Outpatient Setting is Essential: A Case Report. Combined Sections Meeting, Indianapolis, IN. February 2015.
35. Eckhoff D, Struessel T, Bade M, Stevens-Lapsley J. The Impact of Hip Abduction Strength to Functional Performance in Individuals with Knee Osteoarthritis. American Academy of Orthopedic Surgeons. 2014

36. Rabin K, Struessel T. Rehabilitation of a 9-year-old boy with bilateral multi-directional shoulder instability, compounded by voluntary subluxations. Combined Sections Meeting, APTA. Las Vegas, NV; February 2014.
37. Cahall C, Struessel T, Johnson C. Unique compensatory mechanism to achieve functional reach in a patient following rotator cuff repair with chronic axillary nerve damage. Combined Sections Meeting, APTA. Las Vegas, NV; February 2014.
38. Bragiel M, Struessel T. Exercise May Exacerbate Functional Decline in Chemotherapy-Induced Peripheral Neuropathy: A Case Report Illustrating Careful Exercise Progression and Monitoring. Combined Sections Meeting, APTA. Las Vegas, NV; February 2014.
39. Struessel T, Bade M, Eckhoff D, Stevens-Lapsley, J. The Contribution of Hip Abduction Strength to Functional Performance in Persons with Knee Osteoarthritis. Combined Sections Meeting, APTA. Las Vegas, NV; February 2014
40. Kittelson A, Struessel T, Stevens-Lapsley JE. Validity of Hand-Held Dynamometry for Measuring Lower Extremity Muscle Strength in Patients Undergoing Total Knee Arthroplasty for Osteoarthritis. Presented at the American College of Sports Medicine Annual Meeting. Indianapolis, Indiana, May 29, 2013
41. Judd D; Struessel T, Eckhoff D, Dayton M, Stevens-Lapsley J. Strength and Functional Outcomes after THA and TKA: A performance based longitudinal study. Combined Sections Meeting, APTA. San Diego, CA. January, 2013.
42. Elliott J, McDevitt A, Nordon-Craft A, Struessel T. Recognizing psychosocial, physical and systemic effects of breast cancer treatment on recovery from elective Total Knee Arthroplasty: A Case Report. Combined Sections Meeting, APTA. Chicago, IL; February 2012.
43. Shenk J, Carlson B, Struessel T, Nordon-Craft A. The importance of medical monitoring and modification of exercise prescription in physical therapy for patients with anorexia nervosa: a case report. Combined Sections Meeting, APTA. Chicago, IL; February 2012.

Peer Reviewed Scientific and Professional Presentations:

Accepted:

Completed:

1. Reina L, Davia J, Struessel T. Coming Together to Make it Better: Engaging SPT/SPTA Connections Both Near and Far. APTA Educational Leadership Conference. Oakland, CA Oct 2024.
2. Hernandez M, Struessel T. (UN)grading: Rethinking Assessment Practices in PT Education to Create Master Adaptive Learners. APTA Educational Leadership Conference. Philadelphia, PA. Oct. 2023.

3. Struessel T, Sleddens N. Enhancing the Patient Experience through Innovative Quality Improvement Education. APTA Educational Leadership Conference. Atlanta, GA Oct 2021.
4. Struessel T, Sleddens N. Reaching the Summit: From exposure to immersion in quality improvement in physical therapy education. Combined Sections Meeting. Denver, CO. Feb 15, 2020.
5. Struessel T, VanZytveld C. DPT student perspectives on patient safety risk during clinical education. Federation of State Boards of Physical Therapy Annual Meeting. Oklahoma City, OK. Oct. 26, 2019.
6. Jain N, Struessel T. The Physical Therapists' Role in Humanitarian Crises. Combined Sections Meeting. San Antonio, TX. February 2017.
7. Struessel T, Bade M, Foran J, Dennis D, Kim R, Miner T, Wolfe P, Kohrt W, Stevens-Lapsley J. Early High-Intensity versus Low-Intensity Rehabilitation after Total Knee Arthroplasty: A Randomized Controlled Trial. University of Colorado Health 18th Annual Rehabilitation Forum September 20, 2016.
8. Struessel T, Balter J, Wolfe P, Eckhoff D, Kohrt W, Stevens-Lapsley J. Early Quadriceps Neuromuscular Electrical Stimulation after Total Knee Arthroplasty Improved Quadriceps Performance and Functional Performance: A Randomized Controlled Trial. 24th Annual Rocky Mountain Interdisciplinary Research & EBP Symposium. March 1, 2013.
9. Struessel T. Student Perception of Applying Joint Manipulation Skills during Physical Therapist Clinical Education: Identification of Barriers. 14th Annual University of Colorado Hospital Rehabilitation Forum. Sept 22, 2011.
10. Struessel T. Comparison of Tampa Scale for Kinesiophobia and FABQ Score in Persons with Low Back Pain. First Annual Rocky Mountain Academic Spine Research Symposium. October 6, 2006.

Non-Peer Reviewed Invited Presentations:

1. Struessel T. Ungrading: Do you Dare Disrupt your Assessment Practices? Physical Therapy Learning Institute Disruptive Innovation in Physical Therapist Education Virtual Summit, April 19-20, 2024.
2. Struessel T. Are you prepared for the new physical therapy evaluation codes? Updates for clinicians and managers. Educational webinar for clinical instructors, students and alumni. Dec. 8, 2016.
3. Struessel T. The Foot Core System: A New Paradigm for Understanding Intrinsic Foot Muscle Function. Online journal club. University of Colorado Alumni Association. June 8, 2015.
4. Struessel T. State Physical Therapy Board Outreach. Upcoming Continuing Competency licensure requirement for Colorado Physical Therapists. Boulder Community Hospital, Nov. 10, 2014, Children's Hospital Colorado, Oct 29, 2014, Denver Health Medical Center, Sept 15, 2014

5. Struessel T, Sawyer E. Are We Speaking the Same Language? Clinical Instructor's Community [free web-based resource site for Clinical Educators]. The purpose of this project is to provide easily accessed support for the clinical education community by the University of Colorado. Development and Implementation. 2013-14.
6. Struessel T. Clinical Educators Forum: Upcoming Continuing Competency licensure requirement for Colorado Physical Therapists. April 22, 2014.
7. Struessel T. Colorado State Physical Therapy Board: What a new graduate needs to know. Regis University, Denver, CO. Oct. 3, 2013.
8. Struessel T, Carpenter K, May J, Weitzenkamp, D, Sampey E, Mintken P. Student Perception of Applying Joint Manipulation Skills during Physical Therapist Clinical Education: Identification of Barriers. University of Colorado Hospital Rehabilitation Forum. 2011.

Funded/In Review Grant Activity:

Stevens-Lapsley J (PI). Improving rehabilitation for Veterans after total knee arthroplasty using individualized recovery trajectories. VA Merit Award RX003770-01A1

Completed Support

Flynn S (PI); Struessel T (Co-I and University of Colorado site coordinator), Stevens-Lapsley J. The Oaks: A Mobile Exercise and Education Program for People with Osteoarthritis of the Knee. NIH R44 AG055341. 2/1/18-12/31/21 (\$725,915). The goal is to develop and test of a minimum viable product of The Oaks, a perioperative, digital, education, assessment and guided exercise software application for adults with osteoarthritis of the knee awaiting total knee replacement surgery.

Stevens-Lapsley JE (PI), Schenkman M (Co-I), Korht W, Wolfe P, Struessel T (Clinical coordinator), Kluger B, Eckhoff D. Progressive Rehabilitation for Total Knee Arthroplasty. The major goal of this project is to evaluate the effectiveness of a more intensive rehabilitation program compared to traditional rehabilitation after total knee arthroplasty. National Institutes of Health (NIH) / Eunice Kennedy Shriver NICHD. Awarded 2011-2016 (\$2.29 million)

Struessel T (PI), May J, Sonnenberg E, Carpenter K, Mintken P. An evidence based paradigm: student perceived barriers to learning to practice manipulation. The purpose of this study was to assess student-faced barriers to practicing evidence-based orthopedic interventions, specifically thrust manipulation. Grant awarded February 2008. Role: Primary Investigator. (\$3000)

Stevens J (PI), Struessel T, Bade M. Optimizing lower extremity muscle function after total knee arthroplasty. American College of Rheumatology New Investigator Award. The goal of this study is to investigate quadriceps force and reflex inhibition after TKA and explore rehabilitation strategies to minimize these deficits after TKA. Role: clinical consultant. July 2007-June 2009. (\$100,000).

Research Activity:

Struessel T (PI), Nicole Sleddens, Lauren Hinrichs. Engagement, Well-Being and Joy in Work. A

Mixed Methods Study of Physical Therapists. Ongoing 2024-present.

Sawyer E, Struessel T. Assessing and Improving Financial Literacy in PT Students. 2020-present

Stevens-Lapsley J (PI). Improving rehabilitation for Veterans after total knee arthroplasty using individualized recovery trajectories. VA Merit Award RX003770-01A1.

Struessel T (PI), Sleddons N, Jones KJ. Quality Improvement in physical therapy education: A Scoping Review. Collaboration with University of Nebraska Physical Therapy Program Faculty Katherine Jones PT, PhD, Nicole Sleddens PT. 2017-22.

Flynn S (PI); Struessel T (Co-I and University of Colorado site coordinator), Stevens-Lapsley J. The Oaks: A Mobile Exercise and Education Program for People with Osteoarthritis of the Knee. The goal is to develop and test of a minimum viable product of The Oaks, a perioperative, digital, education, assessment and guided exercise software application for adults with osteoarthritis of the knee awaiting total knee replacement surgery. Completed 2021.

Struessel T, VanZytveld C Gisbert R, Forster J, Nordon-Craft A. Knowledge and attitudes of physical therapy students across a longitudinal healthcare systems-focused patient safety curriculum. This longitudinal project assessed change in systems-focused patient safety knowledge and attitudes after introduction of new educational content. Completed Dec. 2018.

Struessel T, VanZytveld C. Doctor of Physical Therapy student focus groups exploring experiences in clinic, with a focus on patient safety risk factors. Completed 2018.

Stevens-Lapsley J(PI), Bade M, Struessel T. Progressive strength training following acute total knee arthroplasty. The purpose of this study is to assess the effectiveness of progressive strength training following total knee arthroplasty. Role: clinical consultation 2009-2011 (Completed 2011)

Mintken P, Whitman J, Cleland J, Hammerich A. Injection versus Injection and Physical Therapy in the Management of Lumbar Spinal Stenosis; a Randomized Clinical Trial 2008-2009. Role: Content/protocol development. (Completed)

Struessel T, Taylor M. Physical Therapy for Individuals with Ehler's Danlos Syndrome. Interprofessional collaboration through University of Colorado Hospital in conjunction with Matthew Taylor MD. 2008-2009.

Rodriguez J, Struessel T. Clinical Instructor's Community [free web-based resource site for Clinical Educators]. 2007 The purpose of this project is to provide easily accessed support for the clinical education community by the University of Colorado.. Role: Content consultant and clinical outcomes module development. 2007-2008. Completed.

Struessel T. Denver Physical Therapy, Centennial, CO 2005: Creation of Post-Operative testing program.

Struessel T. Brookside Physical Therapy, Thornton, CO 1998-2004: Balance and Vestibular, Work-related injuries including post-operative testing, functional capacity testing, ergonomic assessments. Included education/staff training, supervision, development of and distribution of marketing materials. Development of outcomes program, 2003.

Continuing Education Workshops Conducted/Organized:

1. Struessel T, Doyle G, McDevitt A. Dream Team Challenge Design Thinking Workshop
 - a. Dec. 18 – 19, 2024
 - b. To address CUPT declining NPTE Pass Rates
 - c. In collaboration with the TSI Consulting group
2. 18th Annual Rocky Mountain Geriatrics Conference: *Being the Change: Innovation and Quality Improvement for Older Adult Primary and Post-Acute Care Settings*. Planning Committee. Jointly presented by the University of Colorado Anschutz School of Medicine Division of Geriatric Medicine and Multidisciplinary Center on Aging and the Veterans Administration Geriatric Research, Education and Clinical Centers. March 28-29, 2022.
3. Struessel T, McDevitt A. Are You Up to date? Application of Clinical Practice Guidelines to Everyday Practice. Lumbar Spine. Vail, CO. Colorado Chapter APTA Fall Conference Oct. 26-28, 2018.
4. Struessel T and McDevitt A. Are You Up to Date? Application of Clinical Practice Guidelines to Everyday Practice. Cervical Spine. New Mexico Chapter APTA Fall Conference. Albuquerque, NM. Sept 29, 2018.
5. Struessel T. Multiple teaching/training activities for therapists involved in Progressive Rehabilitation for Total Knee Arthroplasty project/grant.
6. Struessel T and McDevitt A. Are You Up to Date? Application of Clinical Practice Guidelines to Everyday Practice. Lumbar Spine. New Mexico Chapter APTA Fall Conference. Albuquerque, NM. Sept 17, 2016.
7. Struessel T, James D and McDevitt A. Are You Up to date? Application of Clinical Practice Guidelines to Everyday Practice. Lumbar Spine. Summit County, CO. Feb. 5, 2016.
8. Struessel T, Reina L, Sage L. PT/PTA Collaboration: Options for Success in the Clinic. Webinar Colorado Chapter APTA. Sept. 23, 2015.
9. Struessel T. Exercise Progression in the Lower Extremity for the Physical Therapist. Universidad Nacional Autonoma de Nicaragua. Granada, Nicaragua. August 15-22, 2015
10. Struessel, T, James D, and McDevitt A. Are You Up to date? Application of Clinical Practice Guidelines to Everyday Practice. Lumbar Spine/Hip. Aurora, CO. June 13, 2015.
11. Green-Wilson J, Davis A, Mulligan N, Struessel T. Leadership in Colorado: Level 2 Leading Others, Aurora, CO Jennifer Green-Wilson PT, EdD Sept 14-15, 2013.
12. Green-Wilson J, Davis A, Mulligan N, Struessel T. Leadership: Why me? Why Now? Building your leadership capacity. Denver, CO Sept 13-14, 2012.
13. Green-Wilson J, Davis A, Mulligan N, Struessel T. Leadership for Students followed by networking session. Developed in collaboration with Regis University Physical Therapy faculty.

Half-day session for all physical therapy students at Regis University and the University of Colorado. Aurora, CO. Attendance ~300 students. Sept. 13, 2012.

14. Mintken P, Struessel T. University of Colorado Orthopedic Update course. Aurora, CO. October 2010.
15. Struessel T., Johnson C, Sawyer E. Norwest Consulting Ergonomics Consulting/Education. Provided training, then individual ergonomics consulting for 30 employees in an environmental safety/engineering firm. May 2010.
16. Bade M. and Struessel T. Total Joint Arthroplasty for the Physical Therapist. Universidad Nacional Autonoma de Nicaragua. Masaya, Nicaragua. January 9-17, 2010.
17. James D, Struessel T. University of Colorado Orthopedic Update course. Thoracic/Cervical. Memorial Hospital. Colorado Springs February 2009.
18. Krapfl B, Stevens-Lapsley J, Struessel T. Spinal Cord Injury Rehabilitation. Universidad Nacional Autonoma de Nicaragua. Managua, Nicaragua. February 2008.
19. Struessel T. Multiple community education programs as clinic director and therapist at Denver Physical Therapy and Brookside Physical Therapy at places of business, municipal recreation centers, and in-house ongoing education for past patients. 1996-2005.

Membership/Service in Scientific/Professional Organizations:

American Physical Therapy Association (APTA), 1989 – Present

APTA National

Evaluation of Continuing Competency Requirements Task Force, Nov. 2023-2024.

APTA Colorado State Chapter

Governmental Affairs Committee, Co-Chair 2023-present

Member 2022-present.

Sunset Task Force Legislation/Advocacy Representative 2022-2023

Colorado Mile High District Delegate 2023-2024

Colorado Alternate Delegate 2023-2024

Colorado Delegate at Large 2020-2022

Governmental Affairs Committee, Co-Chair 2006-2007,

Member 2006-2010, Co-Chair 2023-present

Bob Doctor Golf Committee Member (coordination of student involvement), APTA 2006-2009

Research Committee Member 2008-present

Student Mentoring program task force member (CU rep) 2008-2009: Initiated motion to create new student mentoring committee and served on task force to create/design the committee.

Mentoring Committee Member 2009 to 2015

APTA Education Section/Academy Member 2008-Present

Research Committee: Chair 2017-2018, member 2014-2018

- Coordinated Combined Sections Meeting (CSM) abstract review process including all

platform and poster presentations

- Coordinated all grant reviews and granting process
- Board of Directors of Education Section as Chair

Orthopedic Section/Academy Member

Sports Section/Academy Member

Academy of Leadership and Innovation Academy Member

American Academy Orthopedic Manual Physical Therapists (AAOMPT) Member

Consultative and Advisory Positions Held:

Ad hoc Manuscript Reviewer, PLOS One 2024-present

Ad hoc Manuscript Reviewer, BMC-Health Services Research, 2020 - Present

Ad hoc Manuscript Reviewer, Journal of Allied Health, 2018 – Present

Ad hoc Manuscript Reviewer, Physiotherapy Theory and Practice, 2015 – Present

Ad hoc Manuscript Reviewer, Journal of Physical Therapy Education, 2013 - Present

Reappointed to the State of Colorado Department of Regulatory Agencies, Physical Therapy Board.
(4-year term 2016-2020),
Board President, 2016

Appointed to the State of Colorado Department of Regulatory Agencies, Physical Therapy Board. (4-year term),

Board President, 2015

Board President, 2014

Voting Delegate for State of Colorado at National Federation of State Boards of Physical Therapy Annual Meeting, San Francisco, CA. 9/2014, 2013:

Board President, 2013

Board President, 2012

Continuing Competence Program Task Force, Chair, Task Force designed and implemented new statutory continuing competence program for licensed physical therapists, 2012

Appointed to the State of Colorado Department of Regulatory Agencies, Physical Therapy Advisory Committee (PTAC) (4-year appointment), 2008 - 2012.

Voting Delegate for State of Colorado at National Federation of State Boards of Physical Therapy Annual Meeting, Denver, CO, 2010

Voting Delegate for State of Colorado at National Federation of State Boards of Physical Therapy Annual Meeting, Minneapolis, MN, 2008

Member Community Advisory Committee, Physical Therapist Assistant Program, Pima Medical Institute, 2011 – 2023.

Delegate for State of Colorado, Federation of State Boards of Physical Therapy, 2014

Delegate for State of Colorado, Federation of State Boards of Physical Therapy, 2008

Appointed to the Federation of State Boards of Physical Therapy Item Writing Committee.
Responsible for development of test items for the National Licensure exam (NPTE). 2008

Community Service:

Volunteer 9 News Health Fair Body in Balance Screening 1999, 1998, 2006, 2007, 2008, 2009, 2010, 2011, 2013, 2014, 2015, 2016, 2017, 2018, 2019

Volunteer University of Colorado Screening Booth National Western Stock Show 2007, 2015, 2016

Rock n Roll Marathon: Coordinated 10-15 student volunteers and multiple community Physical Therapist Supervisors to help staff Medical Tents. Denver, CO. Sept 17, 2011; Oct 14, 2012; Oct 20, 2013.

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

School of Medicine

School of Medicine Assessment Committee: Physical Therapy Program representative 2008-2009

Planning Committee: University of Colorado PT Program and University of Colorado Hospital Continuum of Care Collaborative Conference 2012, 2013

Physical Therapy Program

University of Nicaragua, Managua, Nicaragua. Assisted in organizing and participated in trips for students and faculty. Goal of instructing clinicians and local Physical Therapy Program faculty on current Physical Therapy Practice and acquiring and donating medical supplies for individuals and groups in need in Nicaragua. January 12-20, 2008, January 9-17, 2010, August 15-22, 2015.

University of Colorado Physical Therapy Class Advisor: Class of 2008

Committees

Committee for Diversity, Equity and Inclusion 2016-2024, Founding Member
Transition Coordinator Committee. Phase IV coordinator, curricular change to yearlong internship 2013-2020

Curriculum Committee 2011- present member, 2006 member 2007-2010

Chair, Spearheaded curricular review for CAPTE accreditation 2010

Student Absences Committee, Founding member, Member 2012-present, Chair 2007-2011

Patient Care Seminar Committee, Chair, 2007-2015

Clinical Education Strategic Planning Committee, Group co-leader Goal #3 2010-2012

Task Forces

Technology Task Force co-chair, 2020-present

Policies and Procedures/Handbook Task Force, Chair, 2017-present

Documentation Task Force, Chair 2018-2020

Physical Therapist Assistant inclusion in academic curriculum, Chair 2016
Faculty Orientation Task force, Chair 2016
Task force on inclusion of pain in academic curriculum, Chair 2016-2019
Writing Task Force, Founding Chair 2016-present
Poster formatting Task Force, Chair 2016
Service Learning Task Force: 2012-2013
Documentation Task Force, Chair 2009-2010
Writing Task Force, Chair 2007-2008
Diagnosis Task Force, Chair 2007-2008
Dress code task force 2006
Program Marketing Task Force 2004-2006

Honors and Awards:

Bob Doctor Service Award, in recognition of service to the APTA/Colorado Chapter, Oct 2024

Physical Therapy Learning Institute (PTLI) Influencer Award for Platform on an Ungrading approach to Capstone presented at the Educational Leadership Conference, Philadelphia, PA 2023. This Award is given for a presentation that has the potential to have a positive influence toward excellence in PT education and is consistent with the vision and mission of PTLI.

J. Warren Perry Award for best reviewed article of the year published in the Journal of Allied Health 2020

The Feitelberg Journal Founder's Award 2012, Education Section of the American Physical Therapy Association. Best new author. 2013

Outstanding Physical Therapist for 2009, given by the Colorado Chapter of the APTA, Nov 2009

Bob Doctor Service Award, in recognition of service to the APTA/Colorado Chapter, Nov 2007

Mentoring:

Dissertation Committee Content Expert for Jennifer Davia DPT at University of Indianapolis June 2024-present.

Mentor to Junior Faculty:
Eric Sawyer PT, DPT, OCS 2022-Present

Faculty-Student Liaison/Advisor Marquette Challenge Student Fundraiser

Class of 2007 – 2020, 2023

Advise student each year on fundraising efforts. Primary activity includes 20 continuing education based fundraisers, raising over \$100,000 for the Foundation for Physical Therapy to fund physical therapy research. National placement as high as 3rd amongst ~100 or more participating schools.

Work Study: research advisor/supervisor Kelsey Miller, Rose Brooks, Robert Will

Class of 2008 Class Advisor: Served as the Class Advisor, with responsibilities such as conducting elections, meeting and providing guidance to class officers, collaborating with officers to problem solve issues as they arose.

Advisees

Class of 2026	Archer, Hannah; Hill, Kayla; Hill, Nicole; Kholomyansky, Vicki
Class of 2025	Kalbacken , Kaylin; van Deinse, Emily; Anagnostopoulos, Kimberly
Class of 2024	Bergevin, Kyle; Dvorak, Ethan; Killeen, Grace; Nam, Michael
Class of 2023	Binder, Kaycee; Rickert, Alison
Class of 2022	Harshman, Lauren; Moseley, Orlando; Yost, Haley
Class of 2021	Nguyen, Linda; Cable, Andrew; Dumas, Alison
Class of 2020	Burns, Madeline; Zwaan, Claire
Class of 2019	Barnes, Alice; Hannigan, Erin; Hausken, Keely; Tyler, Samuel
Class of 2018	Stuckey, Kayla; West, Jordan; Whited, Jillian
Class of 2017	Forthofer, KK; Larson, Kalina; Sanghvi, Sameera; Zwetsch, Courtney
Class of 2016	Freeman, Kayla; Meier, Danielle; Tivy, Caitlin; Warren, Amanda
Class of 2016	Marr, Michelle; Pence, Ashley; Twinem, Rebecca; Winkel, Kelly
Class of 2015	Fair, Julianne; Martel, Laura; Wallace, MacKenzie; Whalen, Daniel
Class of 2014	Floyd, Liz; Kyle, Betsy; Manner, Heidi; Moore, Mallory
Class of 2013	Crider, JoAnn; Missimer, Heather; Yancey, Brianna
Class of 2012	Borgstede, Laura; Enthoven, Christiaan; Fatheree, Rebecca; Rees, Karen
Class of 2011	Erickson, Jillian; Kane, Allison; Mascarenas, Brandon
Class of 2010	Davison, Skadi; Hartwick, Michele; Sherry, Megan
Class of 2009	Gibson, Lisa; Moquin, Angela; Volenec, Jennifer; Wu, Sheng
Class of 2008	Christian, Catelyn; Leitner, Adrah; Rollins, Kristin; Lyle, Stephanie

Education on Teaching

- Physical Therapy Learning Institute Disruptive Innovation in Physical Therapist Education Virtual Summit, April 19-20, 2024.
- Evidence In Motion (EIM) Certification in Hybrid Learning, Completed Nov. 2023
- Online in Half the Time: Strategies for Designing an Accelerated Course. Sarah North, Amy Arnold. University of Colorado Digital Education. January 26, 2022.
- The Engaging Online Educator Course. June 1, 2020-August 31, 2020.
- Program Evaluation. MERC. AAMC. Denver, CO. February, 2020.
- The Science of Learning: State of the Art. David Hirsh MD. June 5, 2019.
- Entrustable Professional Activities. APTA Education Academy. Gail Jensen PT, PhD Moderator. April 18, 2018.
- Active Learning: 3 Easy Ways to Bring Active Learning into Your Lecture. Janet Corral PhD. March 12, 2018.
- Grand Rounds - Don't forget! Retrieval practice as a tool for long-term retention. Doug Larsen MD, MS. December 15, 2017.
- Big Ideas about Learning as a Starting Place for Curriculum Reform Doug Larsen MD, MS. December 15, 2017.
- Leadership Issues Form. Federation of State Boards of Physical Therapy. Alexandria, VA. August 2017.
- Transform your clinical practice: Integrating cognitive behavioral and motivational interviewing skills into Physical Therapy. Kristin Archer PT, PhD, Stephen Wegener PhD. University of

Colorado Anschutz Medical Campus. April 1, 2017.

- Learning How to Teach: A 6-Session/18 hour Workshop. Various faculty. University of Colorado Anschutz Medical Campus Graduate School. February-March 2017.
- Understanding the new therapy codes webinar. Health Policy and Administration Section APTA. Oct. 2016.
- Health Policy & Practice Management Faculty Institute, Arcadia University, Philadelphia, PA, 2015
- APTA Educational Leadership Conference: Cultivating Partnerships from Classroom to Clinic, Greenwich, CT, 2012
- Leadership: Why Me? Why Now? Building Your Leadership Capacity, Denver, CO, 2012
- Crucial Conversations (Communications Course) Denver, CO, 2012
- Federation of State Boards of Physical Therapy Item Writer's workshop, Washington DC, 2008
- Evidence Based Healthcare conference, Vail, CO 2006
- Integrating Primary Care into the Academic Curriculum, San Diego, CO 2006
- APTA Clinical Instructor Education and Credentialing program, Regis University Denver, CO 2004

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

Spring Semester

DPTR 5731: Health Care Delivery I: Course Coordinator
DPTR 6732: Health Care Delivery II: Course Coordinator
DPTR 5301: Medical Conditions I: Differential Diagnosis course co-coordinator
DPTR 6303: Medical Conditions III: Differential Diagnosis course co-coordinator
DPTR 5401: Musculoskeletal I: Lab Assistant
Combined Practicals/CAPE: Development/Assessment

Summer Semester

DPTR 7651: Clinical Reasoning Capstone: Course Co-Coordinator
DPTR 7212: Sports Physical Therapy Elective: Course Co-Coordinator
DPTR 6402: Musculoskeletal II: Lab Assistant

Fall Semester

DPTR 6302: Medical Conditions 2
DPTR 6403: Musculoskeletal III: Lab Assistant
Combined Practicals/CAPE: Development/Assessment